Spend time outside in nature

Nature is healing and by making the effort to go to your local park or green space is a great way to de-stress.

Being in nature, or even viewing scenes of nature, reduces anger, fear, stress, and increases pleasant feelings! Exposure to nature makes you feel better emotionally, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.

Activities to try:

Take a walk in a park or local green space

Take your **devices into your garden to work** and connect to friends and family through socials

Exercise - try **jogging with a friend** or attempt one of the millions of **outdoor workouts** from the web

Geocaching – **outdoor trails** (search Geocaching on the National Trust website for your local sites)

Dog walking – why not volunteer to walk a neighbours' dog? Making sure you don't break any lockdown rules!

Bike ride by the waterside

Local parks and green spaces for you to try:

Thorne Community Wood

Hatfield Water Park

Toll Bar Leisure Park

Thorne Park

Quarry Park

Grove Park

Thorne Canal

Thorne Park

Quarry Park

Staff Tip – Mr Witty

"I've been getting out into nature and walking, either on my own or with dogs, to manage my mood during Covid.

I love taking the time to be mindful of all the beautiful green spaces around me. Watching the birds and squirrels always has a calming effect."

Tips for Positive Wellbeing and Mental Health – Nutrition and Diet

Eating a healthy diet can do so much to improve your mood and overall sense of wellbeing. Evidence suggests that eating healthily will have a positive effect upon the way which you feel; improve your mood, increase your energy, and help you think more clearly!

For more information on the benefits of nutrition on positive wellbeing, visit mind.org.uk

Guide to Positive Nutrition

Eat regularly – ensures blood sugar levels don't fluctuate

Eat **small portions** throughout the day rather than big meals

Avoid sugary foods such as chocolate which see lead to 'spikes' in blood sugar levels

Stay hydrated – drink 6-10 glasses of fluid (not fizzy drinks) daily

Caffeine is a stimulant (burst of energy followed by a slump) **so keep caffeine intake down** to 2 cups of coffee, tea, or cola a day

Guide to Positive Nutrition

Eat foods containing fibre (fruit and veg) to aid digestion as stress can often slow down the movement in your gut

Consume at least **5 portions of fruit** and vegetables each day

Eat Protein (meat, fish, and dairy) containing **amino acids** which enhance the brain and the decisions which you make

Fats are needed by our bodies as they produce omega-3 acids, however, stay clear of 'trans fats' found in cakes and biscuits, **choosing dairy produce instead**

Staff Tip – Mr Witty

Through the working week I try to eats lots of protein, fruits, and vegetables which means that I can allow myself some (or lots of) naughty treats at the weekend. When I do the 'big shop' I ensure that I order lots of healthy snacks and keep sugary, comfort foods like chocolate and biscuits to a minimum. If you haven't got it in the cupboard, you can't eat it!