



WELLBEING Wednesday

Welcome to Wellbeing Wednesdays

Welcome to Wellbeing Wednesday! This weekly boost is packed with tips, inspiration, and resources to help you prioritize your mental and physical health. At Sports Connect, we're all about building a balanced, energized, and resilient team. Let's make self-care a habit, not a chore – because when we feel our best, we perform our best. Ready to thrive? Let's dive in!



This weeks topic

Stress Managemnt

Stress is part of life, but how we manage it makes all the difference. This week, we're focusing on practical ways to keep stress in check. Whether it's through mindfulness, exercise, or time management, there are simple strategies that can help you stay calm and focused. Let's explore how to turn stress into strength!

Upcoming events

- The Whitstable and Herne Bay 1.5k, 5k, 10k and Half Marathon MoRun Saturday 2nd November 9:30-12:30."Lets move for November"
- Making More Waves Festival (8th-17th Nov) – A celebration of creative performances across East Kent, featuring a range of established and emerging talent in music, theatre, and more
- Mindful Sunday Morning Adult Art Sessions. Sunday 10 November 2024 10:30 AM - 12:30 PM. The Bedgebury Art Studios.



Tips to help

1. Get Moving

Take a brisk walk, hit the gym, or do some quick squats at your desk. Physical activity releases endorphins – your body's natural stress-busters.

2. Treat Yourself

Indulge in a small treat after a hard day's work. It could be your favorite snack or a quick relaxing activity. You deserve it!"

3. Manage Your Time

Feeling overwhelmed often comes from a lack of control over time. Break tasks into smaller steps and prioritize them by importance.

4. Stay Connected

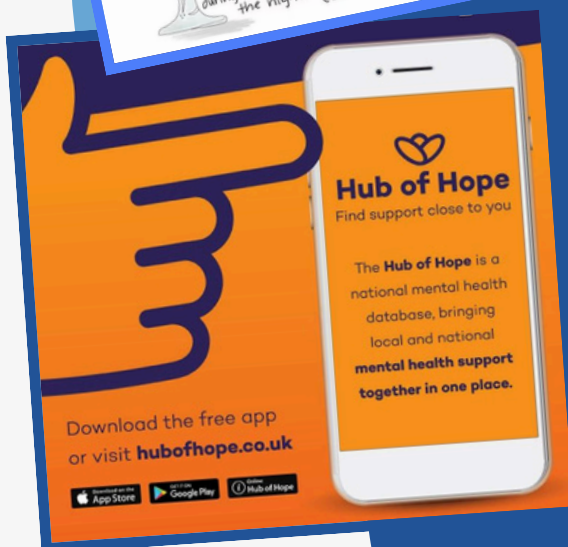
Socializing with colleagues or friends can provide a vital support network. Sharing your thoughts and feelings with someone you trust can help lighten the mental load.

5. Sleep Well

Adequate sleep is crucial for managing stress. Make sure you have a regular sleep routine and aim for 7-9 hours of sleep each night. Good sleep improves your mood, energy levels, and ability to handle challenges.

6. Recognise when you need more help.

Reach out to your friends, family, or manager at work. Head to your GP or use helplines. Download the Hub of Hope app to find support in your area.



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