



WELLBEING Wednesday

Welcome to Wellbeing Wednesdays

Happy New Year! Let's kick off 2025 with a focus on health and happiness. Each week, we'll bring you tips, inspiration, and resources to help you feel your best—mind and body. At Sports Connect, we believe that thriving together starts with wellbeing.

Let's make this year our best yet by prioritizing self-care and supporting each other every step of the way. Here's to a healthy, happy 2025!



This weeks topic

Positive Growth / Mindset

A positive mindset is the key to unlocking growth and resilience. This week, we're exploring how embracing challenges, learning from setbacks, and focusing on progress can transform the way we approach life. Let's discover practical tips to cultivate a growth mindset and make positivity a driving force in achieving our goals



Upcoming events

- British Cycling National Cyclo-cross Championships 2025**: Scheduled for January 11-12 at Cyclopark, Gravesend, featuring top cyclo-cross riders in technical off-road racing.
- Emmetts Garden Winter Family Garden Trail Available daily from January 8-22, offering a self-guided winter trail for families to explore the gardens and enjoy outdoor activities.
- Wellness Wave: A Movement Rave: January edition includes 90 minutes of flow yoga with live DJ beats, ending with an immersive sound savasana, followed by socializing and healthy drinks. (Margate)



Tips to help

To achieve a growth mindset:

1. Embrace Challenges: View them as learning opportunities.
2. Learn from Feedback: Use constructive criticism for growth.
3. Reframe Failures: See failures as lessons for improvement.
4. Focus on Effort: Celebrate hard work, not just results.
5. Adopt the Power of Yet: Stay motivated by recognizing future potential. You haven't done it 'Yet'.
6. Surround Yourself with Growth-Oriented People: Engage with inspiring individuals.
7. Set Goals and Reflect: Establish achievable goals and monitor progress.



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