



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

Work-life balance / self-care

Work-life balance is essential for maintaining health, happiness, and productivity. This week, we're focusing on self-care strategies to help you recharge, set boundaries, and find harmony between work and personal life. Let's explore practical ways to prioritize your wellbeing and create a balanced routine that works for you



Upcoming events

- 24th January - 25th January 2025 Fun on the Pier - A Light Festival Event, Good Times Roll at Gravesend Pier!
- Putting Down Routes – Folkestone to Dover with ESEA Outdoors UK. Start the year strong by completing the last section of the North Downs Way from Folkestone to Dover, on a clifftop walk. 25th Jan 09:30am.
- East Kent Mind - wellbeing activities. Monday's 17:30 Womens Wellness Group Whitstable. Tuesday's 12:00 Pilates Online Group. Wednesday's 19:00 MenTalk Whitstable. (Visit their website to sign up and find out more).



Tips to help

- 1. Set Clear Boundaries**
Establish specific work hours and stick to them. Turn off work notifications during personal time to fully disconnect and recharge.
- 2. Prioritize Rest and Relaxation**
Incorporate downtime into your routine, whether it's a walk, reading, or just relaxing. Quality rest helps you maintain focus and energy for both work and life.
- 3. Learn to Say No**
Avoid taking on too many commitments. Focus on tasks that align with your priorities and say no to extra obligations that could lead to burnout.
- 4. Book your holiday in advance**
Plan your holidays ahead of time, as something to work towards and use them as a true break to rest and reset.



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