

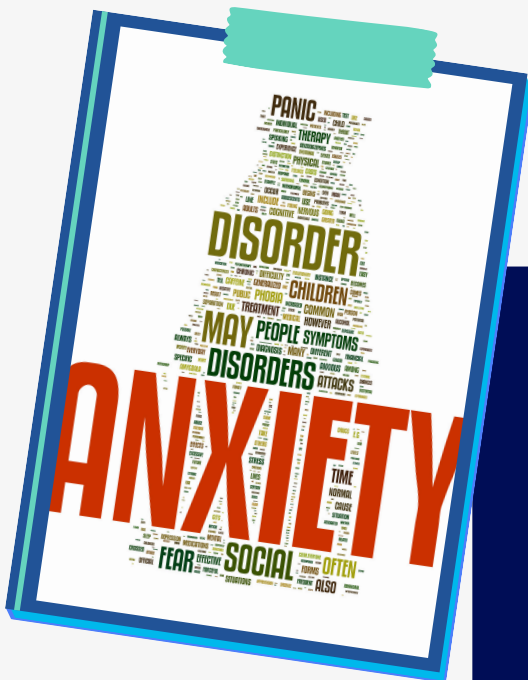


WELLBEING Wednesday

Welcome to Wellbeing Wednesdays

Welcome to Wellbeing Wednesdays! 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

Anxiety

Anxiety can feel overwhelming, but understanding it is the first step toward managing it. This week, we're exploring practical ways to reduce anxiety, build resilience, and regain control when life feels stressful. Let's uncover tools and strategies to help calm your mind and focus on what truly matters



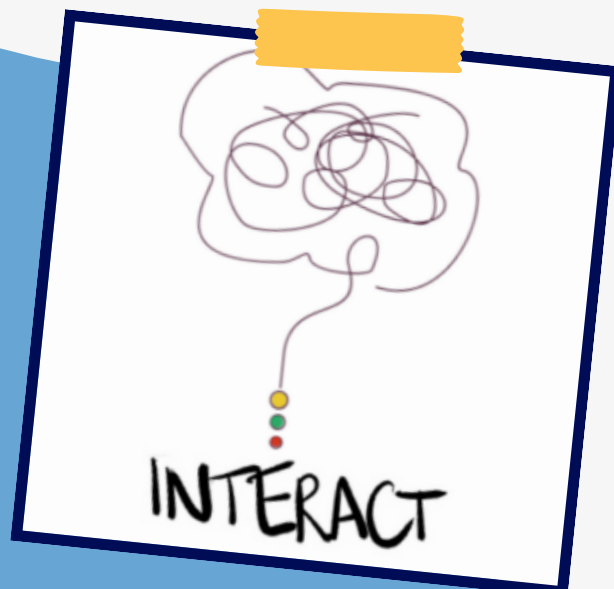
Upcoming events

1. Willow Workshop - make a willow bird feeder. Come and unwind for a couple of hours as you enjoy this mindful activity. 25th January Langdon Court ME139DA.

2. Canterbury Vintage Kilo Sale 26th January 2025 Westgate Hall.

3. INTERACT: Imagining the future of mental healthcare in Kent. Until the 23rd February at The Beany in Canterbury.

4. Wellbeing Walk: Cuxton Views. 4th Feb 10:30am. The walk meets on the 1st and 3rd Tuesday of the month



Tips to help

Stay Active

Regular exercise, even a brisk 10-minute walk, can release endorphins, lower stress levels, and improve your overall mood. Yoga and stretching are also great for relaxation.

Limit Caffeine and Sugar

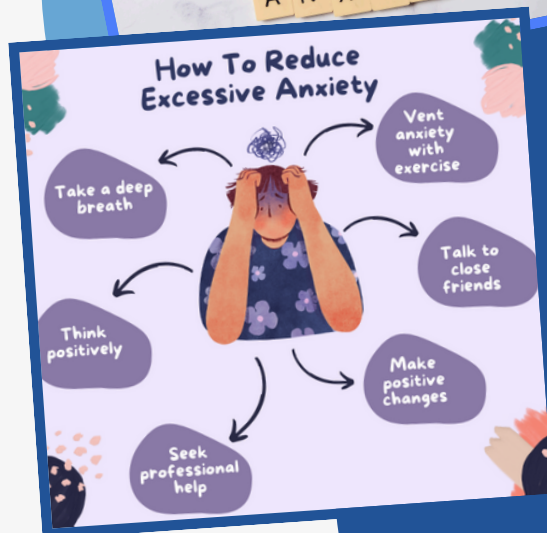
High caffeine or sugar intake can exacerbate feelings of anxiety. Opt for calming alternatives like herbal and decaff teas/coffees

Focus on the Present

Practice mindfulness by using grounding techniques, such as identifying five things you can see, hear, or feel, to shift focus away from anxious thoughts.

Talk to Someone

Share your feelings with a trusted friend, family member, colleague, or counselor. Talking helps you process emotions and gain perspective.



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