



# 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

### Relaxation Techniques

Relaxation is key to managing stress and boosting overall well-being. This week, we're exploring simple yet effective techniques to help you unwind, refocus, and recharge. From breathing exercises to mindfulness practices, discover tools that can bring calm to your day and improve your mental and physical health.



# Upcoming events

1. Free Meditation and Yoga, At Fruitworks, 1-2 Jewry Lane, Canterbury, CT1 2NR. On Mondays come and join to Achieve Yoga & enter into a state of 'thoughtless awareness'.
2. Card-making workshop. Blackthorn Trust's craft team are running a Card Making Workshop 10am-1pm on Friday 21st February. £15 per person and all materials are provided.
3. Arts & Crafts market. The Kings Hall Herne Bay. 22nd February 10am-4pm.



## Tips to help

Simple relaxation techniques:

Practice deep breathing for calmness, take short mindfulness breaks to focus on the present, stretch or do light yoga to release tension, listen to soothing music, and spend time outdoors to refresh your mind and body

**With 1 spare hour:**

### 1. Yoga Session

Dedicate an hour to yoga, combining gentle stretches, deep breathing, and mindfulness. This practice reduces tension, improves flexibility, and promotes a sense of calm.

### 2. Guided Meditation

Follow a guided meditation for relaxation. Focus on breathwork and visualization to release stress, clear your mind, and achieve a state of deep calm.

### 3. Nature Walk

Spend an hour walking in a peaceful natural setting like a park or woodland. Focus on the sights, sounds, and smells around you to stay present. This combines gentle exercise with mindfulness, helping to reduce stress and boost your mood.



in partnership with

