

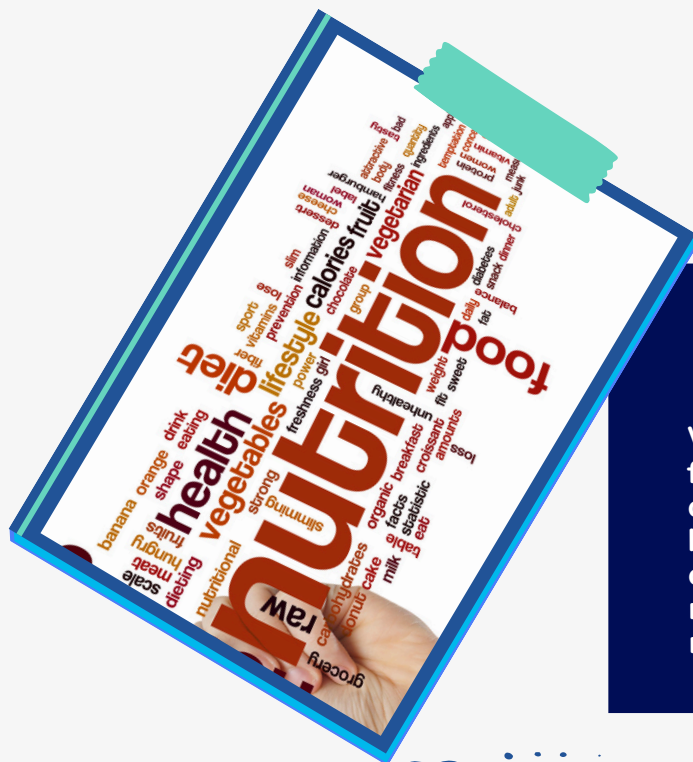


WELLBEING Wednesday

Welcome to Wellbeing Wednesdays

Welcome to Wellbeing Wednesday! At Sports Connect, we're committed to supporting your mental health and well-being. Each week, we'll share tips and strategies to help you stay balanced, motivated, and resilient.

Let's work together to build a healthier mindset, reduce stress, and make well-being a priority in our everyday lives



This weeks topic

Nutrition & Mental Health

What we eat plays a vital role in how we feel. This week, we're exploring the connection between nutrition and mental health. Discover how balanced eating can boost your mood, improve focus, and reduce stress. Let's fuel our bodies and minds for better well-being every day!



Upcoming events

1. Grafty Green Village Hall will be hosting a weekly farmers market on Friday afternoons from 1pm to 3pm from Friday 28th February 2025.
2. Plant-based market coming to Canterbury on Sunday 9th March. First plant-based market is coming to the Historic City of Canterbury on Sunday 9th March, from 10am to 5pm!
3. Food and Mood. 6-week course with Mind, exploring how food can impact our mental health.



Tips to help

1. Stay Hydrated – Drinking plenty of water improves concentration, mood, and energy. Aim for 6-8 glasses a day.
2. Eat Balanced Meals – Include a variety of fruits, vegetables, whole grains, and lean proteins to nourish your body and mind.
3. Limit Sugar and Caffeine – Excess sugar and caffeine can increase anxiety and cause energy crashes.
4. Incorporate Omega-3s and Vitamin B12 - essential for brain function, energy, and mental health.
5. Don't Skip Meals – Regular meals help stabilize blood sugar levels, keeping your energy and mood steady throughout the day.



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