



WELLBEING Wednesday

Welcome to Wellbeing Wednesdays

Welcome to Wellbeing Wednesdays! Each week, we'll share practical tips and fresh inspiration to help you feel your best, mentally and physically. At Sports Connect, we know that when we prioritise wellbeing, we thrive together. It all starts with small actions and supporting each other along the way



This weeks topic Mindfulness

This week's focus is mindfulness, the practice of being fully present in the moment. In the rush of daily life, it's easy to feel overwhelmed. Mindfulness offers a simple way to slow down, reduce stress, and boost mental clarity. Whether you're just starting or already practicing, this week we share tips to help you pause, breathe, and reconnect. Take a moment for yourself today. Your wellbeing is worth it.



Upcoming Events

- 25th June - Sunset Yoga at Chapel Down £35 per person.
- 28th June - Summer Fayre - Kent MS Therapy Centre.
- 4- 6th July - Kent County Show - Kent Showground
- 5th July- Canterbury's Medieval Pageant and Family Train - special 10th anniversary addition
- 3rd - 13th July - Deal Music & Arts Festival



Tips to help

60-Second Pause

Start meetings with a minute of deep breathing to reset and refocus.

Mindful Transitions

Take 3 deep breaths between tasks to stay present.

Move with Awareness

Notice your body as you walk or stretch, turn motion into mindfulness.

5-Minute Unplug

Step away from screens daily. Breathe. Be still.

Gratitude Check

End your day by recalling one positive moment.

