



# 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



When 'i' is  
replaced By 'we'  
  
Even  
'illness'  
Becomes  
'Wellness'



## This weeks topic Resilience

This week focuses on Resilience, our ability to adapt, recover, and grow through life's challenges. Whether facing everyday stresses or bigger setbacks, resilience helps us stay positive and move forward. It's not about avoiding difficulties but developing the tools to bounce back stronger.



# Upcoming Events

- Friday Night Live at Macknade. 30<sup>th</sup> May, starting at 6 pm.
- Detling Showground Antiques & Vintage Fair. 31<sup>st</sup> May and 1<sup>st</sup> June.
- Sandwich goes French for Le Weekend. 7<sup>th</sup> & 8<sup>th</sup> June.
- Pride Canterbury 2025. 7<sup>th</sup> June, a celebration of LGBTQ+ identity for the whole family.



## Tips to help

**Talk It Out.** Don't bottle things up. Chat with a friend, family member, or colleague, it really does help!

**Focus on What You Can Control.** Some things are out of our hands, and that's okay. Put your energy where it counts.

**Be Kind to Yourself.** Remember, nobody's perfect. Treat yourself with the same kindness you'd offer a friend.

## Challenge

☀ **Resilience Challenge of the Week** ☀  
Try the "One Positive Thing" challenge! Each day, write down one positive thing that happened, no matter how small. It could be a good cup of coffee, a nice conversation, or finishing a task you've been avoiding. At the end of the week, look back and see how many wins you had!

