



# WELLBEING Wednesday

## Welcome to Wellbeing Wednesdays

At Sports Connect, your well-being matters. Every two weeks, Wellbeing Wednesday brings you a fresh theme with tips, inspiration, and simple ways to feel your best. Plus, we'll share local events so you can unwind and enjoy life outside of work, too, because thriving at work starts with balance beyond it.

## Motivational quote of the week



A LITTLE  
PROGRESS EACH  
DAY ADDS UP  
TO BIG RESULTS

## This weeks topic

### Stress Management

When you feel stressed, your body releases cortisol, the “stress hormone.” While helpful in short bursts, ongoing stress can affect your mood, sleep, focus, and immune system. You might notice tension, headaches, or a racing heartbeat. The good news? Stress can be managed with small daily habits, this week, we'll share simple ways to take back control.



## Upcoming events

- Broadstairs Family Firework Night - 5<sup>th</sup> November at Viking Bay from 5.30 PM,
- Bez - DJ set at the Kings Hall in Herne Bay, 7<sup>th</sup> November. Tickets £25
- Ebb & Flow Wellbeing Autumn Festival 8<sup>th</sup> November at Snodland Community Center
- Festive dried flower wreath workshop - 10<sup>th</sup> November. Tickets £45 at Happy and Glorious Canterbury



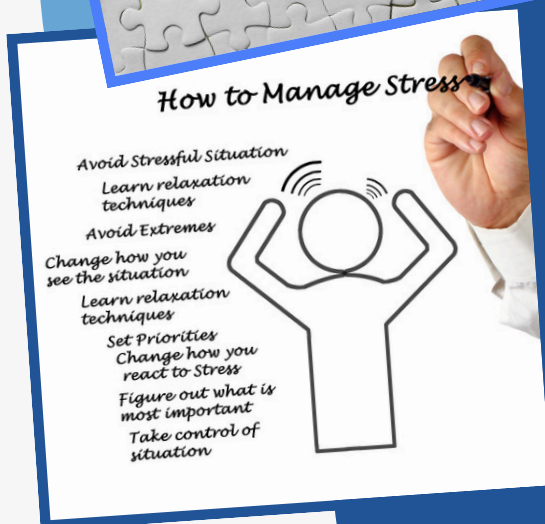
## Tips to help

### At Work:

- Take short breaks to recharge
- Step outside for fresh air
- Talk to colleagues, don't bottle it up
- Set boundaries, know when to log off
- Share a laugh, it's a great stress reliever

### At Home:

- Share chores and responsibilities
- Talk to friends or family
- Try meditation or deep breathing
- Exercise or take a walk to clear your head
- Listen to calming or feel-good music
- Limit screen time before bed
- Practice gratitude, small joys matter



in partnership with

