



WELLBEING Wednesday

Welcome to Wellbeing Wednesdays

In 2026, we're continuing our commitment to your wellbeing with our Wellbeing Wednesday newsletter, landing in your inbox every two weeks. Each edition brings fresh themes, helpful tips, and inspiration to keep you motivated and support your mental health. We'll also share local events to help you unwind and enjoy life outside of work, because balance is key to thriving.

Motivational quote of the week



*"Though we may not
have reached the heights we
anticipated yesterday, today
is a brand new day to begin a
new climb."*

—CHINONYE J. CHIDOLUE



This weeks topic

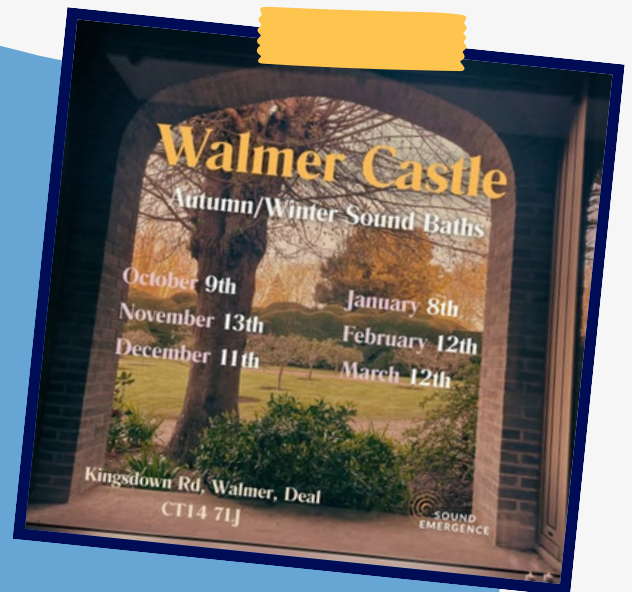
Positive growth and Mindset

Growth isn't about being perfect; it's about making progress. Setting small, achievable goals helps build confidence, and every day is a fresh chance to begin again. Mistakes aren't failures; they're stepping stones. This week, we're focusing on shifting your mindset, learning from setbacks, and celebrating every step forward, no matter how small.



Upcoming events

- Walmer Castle Autumn / Winter Sound Bath - 8th January @ 6.30 PM
- Walking for Wellbeing - Run by Revival Cafe, Whistable - Every Sunday 10 am-11.30 am.
- Detling Showground Antiques and Vinge Fair 17th & 18th January
- My Neurodivergent Self - STAK life - in person workshop 19th January @ 6.30 PM



Tips to help

1. Set small, realistic goals, Progress builds confidence.
2. Celebrate effort, not just results. Growth happens in the trying.
3. Reframe mistakes as lessons. Ask, "What can I learn from this?"
4. Start fresh each day. Yesterday doesn't define today.
5. Be kind to yourself. Self-compassion fuels resilience and growth.



A negative mind will never give you a positive life!



Find something positive in every situation



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