

Hi Everyone

We hope you are keeping well!

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### **Mental Health Awareness Week 18th-24th May 2020**

The theme for this year is kindness. The power of kindness has never been more valuable than it is today. We all know the internal of joy when we feel when offering kindness or receiving kindness. With this in mind let's make a special effort to commit to a random act of kindness, something above what you would usually do. Think of someone who needs your kindness the most and please remember being kind to yourself is still an act of kindness 😊

For more information or support please follow link: <https://www.rethink.org/get-involved/awareness-days-and-events/mental-health-awareness-week/>

We all know the benefits of being active, and with the focus on mental health this week we want to share some information from NHS on the guidance for activity. If you or anyone you know would like to read more please click here: <https://www.nhs.uk/conditions/stress-anxiety-depression/exercise-for-depression/>

We know it's not so easy to get out and do as much as we would like under the current circumstances but the Glasgow club are doing great work to keep the city moving. If you are looking for ideas please click here see links below: <https://glasgowclub.org/Pages/Home.aspx>

<http://www.activityalliance.org.uk/get-active/at-home>

<https://movingmedicine.ac.uk/>

### **Glasgow Helps**

Since the start of the Covid-19 "lockdown", hundreds of charities and community groups across Glasgow have delivered thousands of meals and emergency food parcels to over 20,000 households – a magnificent response to community need.

In addition, some organisations are phoning older people to ensure they don't feel isolated while others are helping homeless people. Other organisations are providing online support to families and activities for children and young people.

If you or anyone you know needs support with food, medicine or anything please call 0141-345-0543 or visit <https://www.glasgowhelps.org/>

### **Podcasts**

Voices of the walk is Paths for All's everyday walking podcast. In this series, we'll be hearing from a variety of Scotland's walking champions who are helping to make our vision of everyday walking a reality. You can also get a sneaky peek at Heather's podcast on here. To see all podcasts please click

here: <https://www.pathsforall.org.uk/podcasts>

## We need your help!

Are you a Volunteer Walk Leader? Do you have a few minutes to help us recruit more volunteers post lockdown?

Our friends at Volunteer Scotland are looking for a Walk Leader to record a 30 second clip of themselves sharing why they volunteer and what they get out of leading Health Walks. They will play the clip on their Volunteer radio station. Get in touch if you'd like to help! For full details please follow link:

<https://www.facebook.com/471333502929463/posts/3068210939908360/?d=n>

## What it means to live

While the world may have changed in the past few months, our hearts have not changed, and we still have so much to give! And we still have so much life to LIVE!

I have been thinking a great deal lately about what it means to live. How can we be alive right now instead of simply hitting the pause button? It is a blessing to be healthy and still have a life without a doubt. Staying home to protect those who are more vulnerable to this virus is a decision that is not without its challenges. How can we do the right thing and feel like this is an opportunity, a GIFT, not a sacrifice?

[https://thriveglobal.com/stories/live-meaning-reflection-gift-life-change-inspiration/?utm\\_content=buffer2ca07&utm\\_medium=Thrive&utm\\_source=LinkedIn&utm\\_campaign=Buffer](https://thriveglobal.com/stories/live-meaning-reflection-gift-life-change-inspiration/?utm_content=buffer2ca07&utm_medium=Thrive&utm_source=LinkedIn&utm_campaign=Buffer)

## Ted talk of the week

### Guy Winch- Why we all need to practice emotional first aid

*We'll go to the doctor when we feel flu-ish or a nagging pain. So why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological-health issues on our own, says Guy Winch. But we don't have to. He makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies.*

To watch the full talk please click here: <https://youtu.be/F2hc2FLOdhI>

## Silver Lining at Local Level THANK YOU :)

Thank you so much to everyone who completed the answers. Please see the final answers - Again all very honest, inspiring and uplifting 😊 It's not too late to send yours, we'd love to hear from you.

### Tilly (Walker)

**What/who has been your silver lining?** A silver lining for me has been having a couple of nice long walks - not enough but cherished when I could manage them. And sharing humorous snippets between friends. And a weekly Zoom session with my knitting group.

**What is the one thing that kept your spirits up?** Knitting has definitely been my saviour, keeping my mind occupied and spirits, if not 'up' then certainly grounded.

**What is your biggest challenge?** The biggest challenge has been trying to keep as fit as possible. It's so easy to lose the cardio fitness especially when anxiety is present. We've all been anxious at having been thrown into the deep end of this situation, and not to be able to meet and share that, combined with a few healthy walks, has been my biggest challenge.

**What advice can you give that you believe can help others during the remainder of lockdown?** The only thoughts I have for others going forward is to eat healthy, have a few comfort treats, keep the mind busy, less coffee, more water. And try to believe one day this will pass.

**Have you learned anything about yourself that you didn't already know?** I've learned that I definitely don't need to renew my tv licence this year, as not even being in 'lock down' have I felt the need to turn it on. 😊

#### **Nicole Bell (paths for All)**

**What/who has been your silver lining?** Although it's challenging, lockdown has afforded more time to take a breath and take stock – there are so many things in day-to-day life you take for granted until something like this happens. My silver lining has been that opportunity to reflect on how grateful I am for so many things – my wonderful partner, mum, friends (and cats!)

**What is the one thing that kept your spirits up?** The way modern technology has enabled us to stay somewhat connected – a text, phone call or video call really make a difference. Being able to hear from and see people who we can't spend time with in person helps make social distancing a little easier to manage.

**What is your biggest challenge?** Not seeing family and friends is definitely the most acute challenge. Working from home also means the temptation of the snack cupboard is there at all times...and that's definitely a challenge too

**What advice can you give that you believe can help others during the remainder of lockdown?** Try to give yourself as much of a routine as you can manage, and factor into that routine as much movement and physical activity as you can. I don't get on well with unstructured time, so setting myself a start time, lunchtime and time for a cycle at the end of the day is keeping me going. That might not be possible for everyone, but even factoring in some strength and balance – such as sit to stands or heel raises - while you're making a cuppa all count!

**Have you learned anything about yourself that you didn't already know?** That's tricky. I suppose as someone who usually thrives on being really busy and out and about all the time, I've learnt that taking down time is really important and good for you. I hope once restrictions start to lift that this will have taught me a lesson on how to balance my time a little better.

#### **Olive McKeown (Walker)**

**What/who has been your silver lining?** Silver Lining - finally managed to catalogue and database my CD/DVD collection. Have been meaning to do it for years.

**What is the one thing that kept your spirits up?** Keeping Spirits Up; Daily walk. Thank heavens for Lambhill Cemetery lots of space to social distance.

**What is your biggest challenge?** Challenge - is not seeing my family especially my niece as she is being shielded due to health concerns.

**What advice can you give that you believe can help others during the remainder of lockdown?** I have learned to use Social Media more, especially Zoom to virtually meet family who are scattered all over the world.

**Have you learned anything about yourself that you didn't already know?** Finally, I didn't realise how much I would miss my weekly walks and the people I have met through them.

#### **Colin Hall (knightswood walk leader)**

**What is the one thing that kept your spirits up?** Enjoying my daily walks and seeing spring in all it's glorious splendour! There are 10 pairs of swans nesting along the canal and its lovely to see their progress.

**What is your biggest challenge?** Missing the company of the walks especially my weekend ramblers groups where around 30 of us went further afield for longer hikes

**What advice can you give that you believe can help others during the remainder of lockdown?** Keep active!

#### **Barry (Health Walks)**

**What/who has been your silver lining?** The Power of Communication - Just how much and how simple a regular phone call or video call to either a family member, friend or work colleague spirit can lift their mood and outlook during these unprecedented times!

**What is the one thing that kept your spirits up during this time?** Regular Zoom and and Whatsapp Video calls to family and friends on a weekly basis either for a general catch up or even organising quiz nights. Its soo great to be able to physically see your nearest and dearest through Phones, Laptops or Tablets during these times! It's made me think, this option has always been there but not enough of us utilise it! If anything this will encourage to talk to each other going forward now, during and post Covid19.

**What is your biggest challenge?** Not seeing family and friends face to face is definitely the most challenging during these bizarre times! Also possibly missing out on upcoming family holidays abroad and our yearly getaway to the Caravan down at Dumfries that were pre booked before this Virus turned up to disrupt everything and everyone!

**What advice can you give that you believe can help others during the remainder of lockdown?** Get up, Get Dressed, Get Moving, Get Talking and Keep Smiling!!!

**Have you learned anything about yourself that you didn't already know?** Not to put off phoning your friends more often, yes everyone has their own families and jobs to deal with but we all need that downtime to relax, get things off your chest but also being there with a lending ear to your friends to help relieve their pressures and concerns during these times!

**Michelle (Health Walks)**

**What is the one thing that keeps your spirits up?** My girls -seeing how well they have adjusted to this situation - knowing all my 'preaching about positivity in challenging times' was not wasted 😊 My daily walks with the dog, and having more time to read again.

**What is your biggest challenge?** Missing the social aspect of a busy office, the means to do my job, my work colleagues, miss catching up with friends and family face to face and really miss going for a coffee.

**What advice can you give that you believe can help others during the remainder of lockdown?** If possible get out for the exercise and fresh air. Have some form of a routine to break the day up, but not so rigid that it adds more pressure. Try to take a day at a time and not think long term, try to stay present in the moment. Stay in touch with friends and family, cook nice meals, have down time, movie nights and lots and lots of walking (if allowed) Focus on the things you have and find some joy in every day. (If all else fails get on Netflix and lose yourself in a box set)

**Have you learnt anything about yourself that you didn't already know?** That as long as everyone happy and healthy I can deal with anything 😊

**Have there been any silver linings to the lockdown?** Not having to pay for parking at my flat, and not travelling in rush hour traffic 😊

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry

[www.goodmoveglasgow.com](http://www.goodmoveglasgow.com)

[www.facebook.com/goodmoveglasgow](https://www.facebook.com/goodmoveglasgow)