



# Motivated Minds

Newsletter July 2020

## Health & Wellbeing

Welcome to the latest edition of our newsletter, bringing you health & wellbeing up-dates, links, and spotlighting what's on in and around Essex.

### Theme of the Month... Resilience

Resilience – Is not only your ability to bounce back, but also your ability to adapt in the face of challenging circumstances. Resilience can be learned. Below are 4 ways in which you can start to develop greater resilience in life. This will help you to cope better with stress and will also help you to have a more positive outlook on life.

- Remind yourself daily of your strengths and the things that you have achieved in life so far. When doubts creep in, reminding yourself of your strengths will help you to counteract your doubts.
- A good support network will help you to become more resilient. They can help you find alternative ways in which to view your situation and can encourage you when life is tough.
- Self-care will also help to build resilience. You need to look after yourself, and do activities which help you to relax, destress and nurture yourself. Examples could include – listening to music, relaxation/mindfulness activities, exercise.
- Take control of the situation that you face. This may include finding alternative solutions – you can write them down to help you think. Look at what you can do, rather than focusing on what you can't control.

#### *Resources & Links*

Action for Happiness Jump

Back July calendar:

<https://www.actionforhappiness.org/jump-back-july>

Academic resilience resources:

<https://youngminds.org.uk/resources/school-resources/academic-resilience-resources/>

Happiful Magazine:

<read.happiful.com>



### 24/7 Support

For those in crisis, feeling anxious, worried, stressed, **Shout** is there for you. They offer a 24/7 text service for those in need of immediate support. **Text: 85258**

For under 25's, **The Mix** offers free online chat support, email support and over the phone support, 7 days a week. **Contact: 0808 808 4994 or visit: [themix.org/get-support](http://themix.org/get-support)**

**Rethink Mental Illness** operate an online web chat, email or phone service where they offer advice and guidance on mental health between 9:30am – 4pm Monday to Friday. **Contact: 0300 5000 927 or visit: [www.rethink.org](http://www.rethink.org)**

## Our News...



**Men's Health Week** is celebrated annually during the week leading up to Father's Day to raise awareness of health issues that predominantly affect men, and this year the focus was around managing men's mental health during Covid-19.

To commemorate **Men's Health Week**, we sent three large **HAPPY Boxes** for 150 workers at **Basildon Borough Council** to remind the male workforce that their mental health matters. Each box contained fruit, chocolate treats and Coronavirus Wellness Journals full of practical tips to manage stress and anxiety during uncertain times.

If you would like to order a **workplace wellness delivery** you can get in touch with Carla at Motivated Minds on 07846 209 846, or email [carla@motivated-minds.co.uk](mailto:carla@motivated-minds.co.uk).

We are so excited to announce that the 30<sup>th</sup> of June marked the day Motivated Minds collected the keys for the new **HAPPY Hub!** We will still be in Eastgate, Basildon, but you can now find us directly next to Asda, in a much bigger unit where we are able to offer the community so much more.

We will now begin moving in ready to safely open our doors once again very soon. We would like to **thank** all the volunteers that are helping us to move and make the unit fit for purpose. If anyone else is interested in helping out, please feel free to contact us and let us know

You can find alternative ways to **support** us at:

<http://www.motivated-minds.co.uk/get-involved.php>



### Spotlight...

**EmpowerHour** – Like us on Facebook @Motivated-Minds to join in our **EmpowerHour** every Sunday night at 8pm, where Carla discusses all things positive mental health and well-being.

**Free Online Anxiety Management Course** – Our team have created a **free** online course to help with **anxiety management**, as we all try to find our 'new normal' now that lockdown measures are beginning to ease. Contact us at [sarah@motivated-minds.co.uk](mailto:sarah@motivated-minds.co.uk) to find out more.

**Walk 4 Wellness** – It's back! On Monday's, 1pm at **Gloucester**, Thursday's, 11:00am at **Northlands** and Friday's, 11:00am at **Wickford Memorial Park**. Contact us to book your place.

We are thrilled to announce that we have **won** a prestigious **2020 UK Enterprise Award** proudly hosted by **SME News!**

We have won in the category of **'South East England Mental Health Innovators of the Year 2020'**.

We love what we do, but recognition like this gives the team a huge boost! We are so excited to keep working to support the community and promoting positive mental health and well-being.

To join our monthly our newsletter please follow the link <http://www.motivated-minds.co.uk/contact->

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