



# Motivated Minds

Newsletter June 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... Joy

Joyful – it isn't a word that we necessarily use in our everyday language. But here at Motivated Minds we think it sums up nicely how we should all aim to be in life.

Being joyful is an active emotion. It is about creating pleasure and happiness in your life and in the lives of those around you. Right now, we are living in very strange times. A lot of our "normal" has been taken away and replaced with life that feels far from normal.

So, how can you have a **Joyful June** during this time? Below are 3 simple tips that may help you:

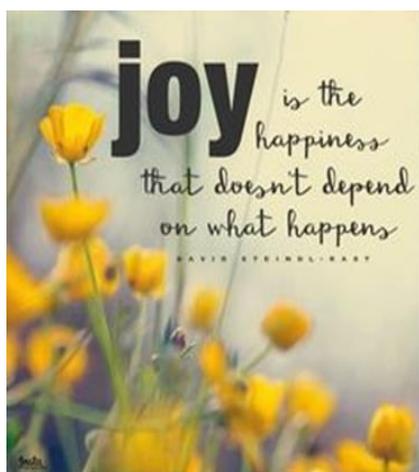
- Get rid of the negative things in life. Is the news or your social media feed depressing you? If it is, limit how much you look at it. Instead focus on the positive things in your life, as these will be the things that give you joy.

### Resources & Links

The Action for Happiness 10 Keys to Happier Living:  
<https://www.actionforhappiness.org/10-keys-to-happier-living>

The Pursuit of Happiness, a short cartoon:  
<https://www.youtube.com/watch?v=kB1aoErPRWs>

Happy Not Perfect, App, available at App Store and Google Play:  
<https://happynotperfect.com/>



- Write a list of the activities that you enjoy doing, make sure they are ones that you can safely do at this time. Then make sure that you do at least one activity a day from this list. Doing this will create pleasure and happiness in your life each day.
- Creating joy is not just about doing activities that benefit you. It is also about doing activities that benefit others – giving to others activates a part in your brain which gives you pleasure as well. So, make a list of ways in which you can help others and carry out one of these at least a week. It can be as simple as telephoning a friend for a chat, meeting someone for a socially distanced walk or donating to a food bank.

### 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**

**Refuge** offers advice on dealing with domestic violence. **Phone: 0808 2000 247** (24-hour helpline)  
**Website:** [www.refuge.org.uk](http://www.refuge.org.uk)

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)

## Our News...



Our team have created the **Coronavirus Wellness Journal**, a 12-page self-help guide which covers stress, anxiety and provides practical tips on keeping safe and looking after your mental health and well-being during this time, all for **FREE!** It is so important that we take time to think about how we are feeling during this time and find ways to manage any stress, anxiety, worry and unease that we feel.

You can find it at: <https://bit.ly/YourJournal>

Even though our Hub may be temporarily closed, we are still working hard to support the community during this time. As well as continuing to deliver support online via our social media pages and over the phone, we have temporarily opened our **emergency food bank** in Laindon where we have food to give to those in need during this time. Our food bank is open each Monday, Wednesday and Saturday from 3pm until 6pm at the **King Edward Centre in Laindon**.

We would like to say a huge thank you to everyone who has donated to our food bank across the Borough, including Radford Park Resident's Association. We would also like to thank the **One Green Bottle Bikers** who are delivering much needed food parcels from our food bank to households in need across the Basildon Borough on their motorcycles.

We are proud to announce that Motivated Minds has received a nomination to this year's **SME News UK Enterprise Awards**.

Here at Motivated Minds we always aim to empower others and create positive change and so to have been recognised is extremely humbling. We so appreciate this nomination and will use this opportunity to showcase what we do and to continue opening up the conversation around mental health and well-being.



### Spotlight...

**@HAPPYHubUK** – Like us on Facebook to keep up to date with everything positive across Basildon Borough and surround areas!

### Free Online Anxiety Management Course

– As lockdown restrictions relax, we are noticing an increase in anxiety levels after a crazy few months! Our team have worked to create a free online course to help with anxiety management, which will begin on Friday the 5<sup>th</sup> of June. You can find this at: <https://www.facebook.com/events/26629388839> or via our Motivated-Minds Facebook page, under events.

### HealthierU: Project 2020

– Join our HealthierU Facebook group where Jo shares healthy recipes, local online fitness and well-being classes and offers support in reaching everyone's individual health goals! Now that the sun is shining and life is easing back to normality, what better time to start thinking about maintaining a healthy body and healthy mind?

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

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