



“Writing is another powerful way to sharpen the mental saw. Keeping a journal of our thoughts, experiences, insights and learnings promotes mental clarity, exactness and context.” Stephen Covey

It barely seems possible that we're now just over a month into this period of social isolation. Whilst we're becoming more accustomed to this new norm, many of us are rapidly running out of things to keep us occupied in moments of downtime, having already eagerly worked our way through the list of home improvements and quick fixes!

Faced with another week of entertaining children, I was inspired by a friend who said she's encouraging hers to keep a journal or scrapbook, to record their thoughts, feelings and experiences during this unprecedented time, something to reflect back on in years to come and share with family and friends.

Journaling is also an incredibly positive activity for adults to engage with. It helps to keep your brain in tip-top shape by boosting memory and comprehension as well as increasing memory capacity and improving moods. It's also a quick and easy way to effectively clear your head.

There really has never been a better or more historic time to capture these memories, emotions and feelings in your Wellbeing journal, or in a scrapbook or notebook. All takes is a few moments at the start or end of every day until it becomes habit.



Relax and unwind

Given that Thursday is the new Friday, Friday is the new weekend... and that staying in is the new going out, there's every excuse to catch up on box sets and films that may have been on your watching wish list for months. It's also a great time to hark back to the classics for a little light relief to switch off from the stresses and strains of a long day. Recommendations are always welcome, so to get you started, I asked the SLT for their favourite comedy classics; I'll let you work out which belongs to who! Please do share yours with us too and we can all benefit from some laughter endorphins...!

A Fish called Wanda
Blades of Glory
Trading Places
Anchorman
Coming to America
Zoolander
Groundhog Day!
Dumb and Dumber

Mrs Doubtfire
The Producers (both original
and remake)
High Society
The Ladykillers
Ferris Bueller's Day Off
City Slickers
Private Benjamin

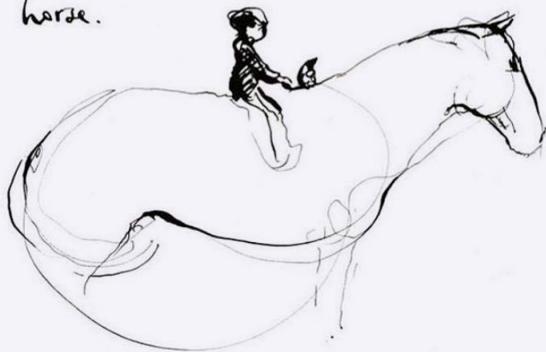
Police Academy
Monty Python – any of them!
Forrest Gump
Jumanji (new and old)
Dirty Rotten Scoundrels
The Thomas Crown Affair
Meet the Parents /
Meet the Fockers



Once you've worked your way through these, [here's a brilliant 'movie marathon' list to keep you going!](#)

Practising Gratitude: At the end of every day, make a note of 3 things you're grateful for...

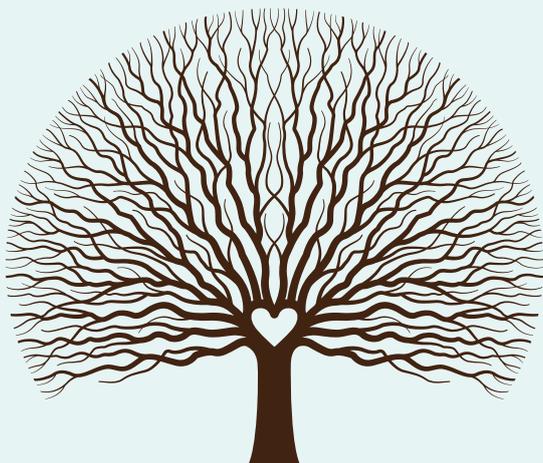
"We have a long way to go" sighed the boy.
"Yes but look how far we have come" said the horse.



Family: just like branches on a tree we all grow in different directions, but our roots remain as one

Over the past few weeks, many of us have embraced technology as a means of communicating with friends and family, scheduling in regular calls to check in and stay in touch. For those speaking daily, with little change in routine for many, conversation can become stilted and rather samey!

So why not use this time to share snippets of family history, stories that may not have been told, dig out the old photo box from under the bed and start compiling your family tree. There are a whole host of free online templates and toolkits to get you started – www.familytreetemplates.net is one.



Daily Positive Action Checklist

from Emma Symons

1. Practice relaxing your body, muscle by muscle, throughout the day.
2. Become more aware of your breath. Ask yourself, "How am I feeling about my life in this moment?"
3. Become more aware of your existence right NOW, as opposed to mulling over what just happened or what might happen next.
4. Listen to your intuition.
5. Entertain only positive thoughts.
6. Keep an open mind to unexpected events having unexpectedly positive outcomes, instead of being "interruptions" that interfere with your plans.
7. Assume that events are rearranging themselves to accommodate your dreams.
8. Be observant: notice those little 'coincidences' that most people miss or skip over. (Hint: they're not coincidences.)
9. In each moment, find something to appreciate earnestly.

John Assaraf

This is something I picked up from John Assaraf who is one of my mentors and I have found it to be very useful. I kept it pinned up by my desk for many years and I now have it at home, although I don't need to refer to it much now as I've memorised it. These are really good things to try to do daily to help with wellbeing and stress. If you would like a copy of the picture to print out please let me know at emma.symons@cpjfield.co.uk.



Sleeping tips

I've been overwhelmed by the show of support from so many colleagues wanting to share the wealth of their expertise to benefit one another. This week Elaine Wiseman from Rampion House got in touch and asked if she might share some nutritional tips for wellbeing, gleaned from her Advanced Diploma in Nutrition. This week, following on from Jeremy's point about sleep – or lack of currently – here is a simple remedy that many of us could benefit from.

Turmeric milk Turmeric is a spice that provides a whole wealth of properties: this is fantastic for respiratory problems, anti-ageing, known to help with Alzheimer's, Parkinson's and rheumatoid arthritis.

Warm some milk, add a pinch of turmeric powder and if you wish a pinch of black pepper to help you absorb the nutrients from turmeric. Also add a very small amount of honey if you have it, or some ground cinnamon to sweeten.

Chamomile tea is always good to calm you before bed. Organic ones are the best options which you can get from most supermarkets or health food shops.

