

MIND IN BARNET – NEWSLETTER

If you want to find out more about Mind In Barnet's wellbeing service, email: sambrown@mindinbarnet.org.uk



MENTAL HEALTH TIP OF THE DAY.

Set goals. Setting and reaching goals is a great way of staying motivated, whether that be weekly tasks or monthly targets. Try and push yourself to achieve more and more in your life!

YouTube & Playlist

- Learning:

- National Geo – Nobel Peace Prize Shorts: <https://bit.ly/3eNuz6J>
- Ibex climbs dam | from 'Forces of Nature' with Brian Cox – BBC: <https://bit.ly/3dyl7mB>

- Cooking:

- Gordon Ramsay | Ultimate Cookery Course: <https://bit.ly/2MvT3Fw>

- Your Playlist:

- Rashid – Careless Whisper by George Michael: <https://bit.ly/2z1BASg>
- Marcus – Walking on Sunshine by Trina & the waves: <https://bit.ly/2Y2xEJs>
- Richard – The Kraftwerk by Model: <https://bit.ly/2XxykaU>
- Jake – Brother John is Gone by the Wild Magnolias: <https://bit.ly/3dthE9U>



TV Club...



Ocean Giant Ep.1 – Monday, 22:30 (10:30PM)

“Series about whales and dolphins. Explore the ocean's largest creatures - humpback whales, 200-ton feeding blue whales and southern right whales with one-ton testicles.”



CHAT ROOM - JAKE

I live with family and we've all started unofficial jobs around the house; one of mine is watering the garden.

I've been renting a studio, which has been off-limits during the lockdown but there's no shortage of loose parts round the house to make my creations from. Since 2014, I've been making puppets out of unwanted soft toys, I've completed work on a lot more than I used to. I've also been able to work on 3 different illustration projects. I like to go to my local park and sketch in chalk, photographing my work and sharing the images on social media.

Many of the groups I used to go to were theatre and performance-based and we now meet on Zoom. It's great to see old friends there and be there for each other when someone needs some encouragement or just a person to chat to. It often cheers me up to see them, especially if I've been depressed through not being able to go out and meet them in person. I'm building up a long list of things I want to do once the lockdown's over. They say it's the little things you miss when they're gone and I can really understand that.