

# MIND IN BARNET – NEWSLETTER

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



## MENTAL HEALTH TIP OF THE DAY..

Mindfulness is a form of meditation that involves being in the moment. So, it isn't very hard to do by yourself! Just find a bench in the park and only think about what you can see, hear, smell... and just focus on these for a time.

## YouTube & Playlist

### **- Learning:**

- National Geo – Human Stories of Hope: Mitigation & Adaptation: <https://bit.ly/2CCwihE>
  - How do Goldfish Flirt? – BBC: <https://bit.ly/3hXeuOq>

### **- Cooking:**

- Grilled Cheese Sandwiches using 11 hacks: <https://bit.ly/2NpHDDZ>

### **- Your Playlist:**

- Angela – Enigma – Return to Innocence: <https://cutt.ly/biurMNE>
- Marcus – Daft Punk – Get Lucky: <https://cutt.ly/ViutxbR>
- Jake – Sheena Eastern – A Dream Worth Keeping: <https://cutt.ly/6iutZGG>
- Richard - Paramore – Hard Times: <https://cutt.ly/hiuyeCU>



## TV Club...



## Wimbledon – The best of the Championship – BBC2 – Monday, 20:00 (8:00PM)

“Live from Wimbledon, Sue Barker is joined by tennis legends past and present to look back on the greatest matches in the championships' history.”



## CHAT ROOM - GARY

“I have been watching some good movies that are heart-warming. The latest movie I have watched is called 'Justine' and is about a young girl who develops a good friendship with a lady who has just become a carer. Both the girl and the carer had trouble bonding with other people in the beginning.

I have been taking short walks around my local supermarket which has helped me with getting my daily exercise, this has helped me physically and mentally. You need however to keep two metres away from others which I have managed to do.

I have developed my skills through my virtual piano lesson, and I can now play some simple songs. I invested in a tablet this weekend as this was easier on my eyes compared to using my phone Monday to Friday last week. I have also been helping students where I work through an online group we have for their lessons.

I have been cooking box meals this last week. I did a good shop yesterday where I have brought fresh fruit and vegetables and I plan to eat healthy food this week.”

– Angela