

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

Be connected to nature. It sounds almost idealistic but there is a growing body of evidence to say that experiencing nature has a positive impact on wellbeing. So when you go for your walk, make sure it's down the local park!

YouTube & Playlist

- Learning:

- Seven Wonders of the New World | Cosmos: <https://cutt.ly/roe6ilv> (Neil deGrasse Tyson at his finest)
- Octopus comes on land – BBC: <https://cutt.ly/NorwFoY>

- Cooking:

- Gordon Ramsay's Top 5 Fish Recipes: <https://cutt.ly/ioe47bq>

- Your Playlist:

- Angela – Enigma – Return to Innocence: <https://cutt.ly/biurMNE>
- Marcus – Queen – Don't Stop Me Now: <https://cutt.ly/voe98ST>
- Jake – Sheena Eastern – A Dream Worth Keeping: <https://cutt.ly/6iutZG>
- Richard – David Bowie – Dancing in the Street: <https://cutt.ly/Ooe3hcl>

Click this link to access our *Electra/Libra* playlist, made before the lockdown: <https://rb.gy/evmgvo>

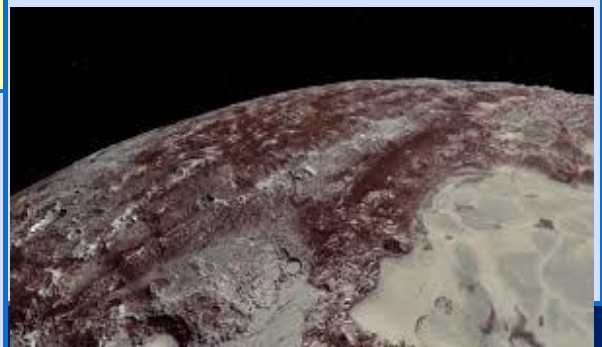


TV Club...



Pluto: Back From the Dead – BBC2 – Monday, 21:00 (9:00PM)

“The incredible story of how Pluto has been propelled from an unremarkable ball of ice on the edge of the solar system to a world of unimaginable complexity - where some form of alien life might exist.”



CHAT ROOM - RASHID

I have been doing a guided meditation every morning for one hour as it helps us deal better with negative thoughts, anxiety and fear for this situation. The meditation and mindfulness practices can help us to respond adeptly rather than reacting unconsciously. During regular daily life, I did not have the time to prepare home-cooked healthy meals. Spending more time at home has now offered the opportunity to make those healthy vegan recipes I previously did not have time to prepare. Apart from studying for my masters, I have also enrolled myself into three courses with Coursera. All three courses are related to my masters of mental health, and it helps me to expand my knowledge about mental health care. I recommend you all to go to the website of "Coursera" (<https://bit.ly/2xtc4ot>) and have a look at this three-week course. It is a good idea to use some of this additional time to learn something new and upskill yourself. - Rashid