

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

Celebrate success and learn from failure. Too often in life we focus on what is going wrong and gloss-over what is going well. If something goes well, really mark it in your head as something good, treat yourself!

YouTube & Playlist

- Learning:

- Why the Dinosaurs' Extinction is an Ongoing Puzzle | Nat Geo: <https://cutt.ly/1pa5YNj>
- Filming Baby Sun Bears Is NOT Easy! | BBC: <https://cutt.ly/NorwFoY>

- Cooking:

- 31 One-Pot Recipes: <https://cutt.ly/TpsqwEQ>

- Your Playlist:

- Angela – Yes – In the Presence of: <https://cutt.ly/NpsrvA3>
- Marcus – Gorillas – Feel Good Inc: <https://cutt.ly/kpstRl3>
- Jake – The Supremes – The Happening: <https://cutt.ly/0psytoI>
- Richard – Wheetus – Teenaged Dirtbag: <https://cutt.ly/npsymVB>
- Rashid – John Waits – Missing You at All: <https://cutt.ly/EpsyS5k>

Click this link to access our Electra/Libra playlist:
<https://rb.gy/evmgvo>



TV Club...



Back in Time for Tea

– BBC2 – Monday, 19:00 (7:00PM)

“The Ellis family travel back in time to reveal how life has changed for northern working-class families over the past 100 years. Their experience begins in 1918.”



CHAT ROOM - MARCUS

I now work four days a week from home and I do not miss having to commute on the crowded tube. My normal journey to work used to take an hour each way and I am grateful to have an extra two hours every day.

I have a small back garden where I now have more time to do weeding and sweeping up than usual. I appreciate the longer days and sunny weather which make a big difference from all the rain we had in February and March.

I have been catching up with friends in the evenings using Zoom chats. I think our current technology is really making a big difference to the way we can continue to communicate.

I belong to an organization called Meet Up: www.meetup.com I used it to meet people with similar interests. Meet Up now exists with virtual meet ups on Zoom. I can recommend it as it covers many activities and hobbies and is a good way to meet new people.