



# ACTION FOR HAPPINESS

## Northamptonshire Action for Happiness Helpful Hints & Tips for Keeping Physically and Mentally Well – Week Four

Hello all

I hope everyone is keeping safe and well. I have this week mastered the use of ZOOM and ran a successful Mindfulness webinar with Dr Mike Scanlan. Setting this up has not been without stresses, and one of the participants shared the following link for all those like me that were 'ZOOM newbies' <https://support.zoom.us/hc/en-us/articles/360029527911> There are other platforms available.

A quick reminder to follow us [@A4HNorthants](#) on Facebook, Instagram and Twitter.

This week, you'll find below some ideas that have come from a recipient of this newsletter on what is keeping them well, a big thank you. I am not going to add which 'happiness key' they refer to as I am sure, you'll be able to easily work out.

**Bird watching** - see how many species you can see, either from your window, out in your garden or when taking your daily exercise

**Learning a new language**, or brush up on one you learned at school or that would be useful for your next holiday - names of foods, hello and goodbye, thank you and please and how to order a coffee/ beer/ glass of wine are all really useful

**Join one of the online choirs** - no one else need hear you sing, if you mute your microphone! You will meet new friends and enjoy trying out your voice!!

**Trying online Pilates**, yoga or an exercise group - you don't need any special kit and need only do what you can. At least no one is watching!

**Start an online book group** - take turns to choose the book - you might be surprised or enjoy being challenged by other people's choices - talk about the book via an online group like Zoom or Houseparty.

### And my personal favourite...

**Ready Steady cook** - Take five ingredients and make a meal. This works best if one person chooses the ingredients for someone else - either someone in your household or, if they have access to the ingredients, someone else. You could perhaps challenge neighbours, friends and family and then share the recipes if they work!

A helpful metaphor that has been sent to me this week is: -



These steps advise that we notice and **acknowledge** feeling overwhelmed or anxious but **pause** before reacting in our 'normal' way. By **pulling back** we are identifying that this is a feeling we have and doesn't have to be our reality. We can then **let go** of these unhelpful thoughts. **Exploring** is all about being mindful and trying to ground ourselves and explore the current moment, rather than attending to the worry.

As I said earlier, I am working with Dr Mike Scanlan and he has been busily preparing some short videos to support people through this time. Here is the first: -

<https://youtu.be/WM7qIsWO1Eo>

One final request, if you get time, please could we have some feedback on whether this content is helpful, is there anything else you would like to see included, maybe helpful tips for children or the elderly?

Many thanks

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