

Hi Everyone

We hope you are keeping well!

We hope you are keeping well! May is National Walking Month and the Good Move Team is taking part in Paths for All's workplace stepcount challenge. Wish us luck! Paths for All have also created a fabulous mindfulness podcast that we encourage you all to listen to and take part in. Not everyone can get outside so you could stand at an open window and march on the spot.

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### Silver Lining at Local Level THANK YOU :)

Thank you so much to everyone who completed the answers-please keep them coming!!

Please see some more answers from our lovely walk leaders under recommended reads. Again all very honest, inspiring and uplifting 😊 Keep an eye out for more silver lining answers in coming weeks. It's not too late to send yours, we'd love to hear from you.

### Tom Foolery-The Great Realisation -Hindsight 2020

A wonderful poem of hope, realisation and commitment for change.

*A poet who went viral with his poem about how coronavirus could ultimately make the world a better place has been hailed 'amazing' by This Morning viewers for his 'beautiful' words.*

*Accompanied by a heartfelt video, the video's beautiful message that the world will emerge from the pandemic as a better place.*

<https://www.youtube.com/watch?v=hw0JDJUu548>

### Daily exercise for the body and mind

*Try this on your daily walk again and again; evidence shows that the effects of mindfulness are greater the more you practise. It might feel a little awkward to start with, but the script is designed to be listened and enjoyed by everyone, regardless of experience in being mindful.*

*Expertly written by Dassini Cadwallender, a Glasgow-based writer and meditation teacher, the words read by Edith use mindfulness techniques to remind us to be in the present moment. Sitting quietly with your eyes closed in traditional meditation or mindfulness techniques might not be for you, but walking meditation allows you to tap into the same benefits with your eyes wide open and moving at a pace that suits you.*

<https://www.pathsforall.org.uk/whats-on/event-details/mind-to-walk>

### COVID 19 Study-Physical activity and exercise

GCU launches world's largest study into impact of physical activity on COVID-19 immunity. Leading physical activity researchers, respiratory experts, and sport and exercise

psychologists at Glasgow Caledonian University (GCU) have launched the world's largest study to find out for certain if physical activity can boost COVID-19 immunity.

The study is aimed at aiding government decision-making around current recommendations on physical activity and exercise to boost immunity to COVID-19 during the coronavirus pandemic.

It is the most comprehensive systematic review ever conducted into the impact of physical activity on immune response, analysing more than 14,000 research papers published world-wide over the last 40 years for key data. To read the full article please click here:

[https://www.gcu.ac.uk/theuniversity/universitynews/exerciseandcovid-19immunitystudy/?utm\\_source=social&utm\\_medium=twitter&utm\\_campaign=news&utm\\_content=chastin](https://www.gcu.ac.uk/theuniversity/universitynews/exerciseandcovid-19immunitystudy/?utm_source=social&utm_medium=twitter&utm_campaign=news&utm_content=chastin)

### **Exercise for Depression**

Numerous studies have found that regular exercise can both reduce the risk of developing depression and reduce the severity of depressive symptoms. Even a small amount can go a long way. Here's how exercise can help with depression and how much makes a difference.

#### **Regular exercise can help depression**

*"Regular exercise is one of the best things you can do for both your mental and physical health," says [Adam Fry](#), PhD, a performance science specialist at the Icahn School of Medicine at Mount Sinai. "Just [one hour of exercise per week](#) can significantly reduce the risk of depression and depressive symptoms."* To read the full article please click here:

<https://www.insider.com/exercise-for-depression>

### **Recommended reads for the week**

#### **Pamela Scott Austin**

##### **Silver Lining**

The lockdown has given me time to write my life story to pass onto the grandchildren. I have thought about doing this for quite a while but just never had the time! It has been a lovely thing to do and brought back so many memories. It has been great to reminisce with my brother in Canada and if I can't remember someones name or the place it happened he usually can! I have got to aged 18 and about to start my nursing college!

#### **Maureen (Bella)**

##### **What/who has been your silver lining?**

Festival Park and walking there. Can't believe the variety and volume of bird song when I visited the first week of lockdown! The birds are normally drowned out by the traffic noise but with the reduction in traffic, you could hear them all. I love going there to enjoy the birdsong!

##### **What is the one thing that keeps your spirits up?**

Phoning and speaking to people. Hearing a human voice helps. I call members of my family every day and friends, including those I have made on the walks, once a week. So, every day I am on the phone quite a bit.

##### **What is your biggest challenge?**

Not being able to go further afield. In lovely weather like this I would normally jump on a bus and go down the coast for a walk along the front. I feel a bit confined.

**What advice can you give that you believe can help others during the remainder of lockdown?**

This won't last forever so focus on the good memories you have and remember that good times will come back again

**Have you learnt anything about yourself that you didn't already know**

I am more patient than I thought! When I first heard about lockdown I thought 'there's no way that I can do this' but you get used to it and just take one day at a time.

**Eileen Rough (Lambhill walk leader)**

**What/who has been your silver lining?**

My neighbours being so kind and one of them is a super baker and always passing over traybakes, etc. Also, at Easter i got a wee surprise visit from my daughters friend who's own daughter (aged 6) had drawn me an easter card and made me chocolate crispy cake. That was so kind and thoughtful!

**What is the one thing that kept your spirits up?**

I whatsapp video my daughter and grand daughter and we do Joe Wicks 'PE with Joe' together every weekday morning and shout encouragement to each other! Great fun!

**What is your biggest challenge?**

Not being able to pop to the shops and choose what I want to eat. My daughter has organised online delivery which I am very grateful for but I miss choosing things on the spur of the moment that take my fancy as I am walking round the supermarket

**What advice can you give that you believe can help others during the remainder of lockdown?**

Keep your mind active as well as your body

**Have you learnt anything about yourself that you didn't already know?**

I am quite happy in my own company!

**Diane Donaldson**

**What/who has been your silver lining?**

I have never been a morning person but since this started i prefer to go out when it's quieter and so been getting up at 7.30 every morning and really enjoying it and it sets me up for the day

**What is the one thing that kept your spirits up?**

Whatsapp groups! I enjoy getting the wee jokes that are sent round and it keeps me in touch with people

**What is your biggest challenge?**

Not being able to go further afield. I would love to go somewhere in the car and then go for a long walk.

**What advice can you give that you believe can help others during the remainder of lockdown?**

Stay connected - keep in touch with friends and family, it is so important

**Have you learnt anything about yourself that you didn't already know?**

I maybe don't appreciate people as much as I should, I have been really heartened by so many people wanting to help others at this challenging time.

**Ted talk of the week**

**How to make stress your friend | Kelly McGonigal**

Stress. It's a [huge mood-killer](#)—and unfortunately, as long as we face encroaching deadlines, competing responsibilities, overloaded schedules, last-minute crises, financial troubles, and social conflicts, we're going to encounter it often.

Kelly McGonigal, PhD, a health psychologist, has a life-changing solution: Make stress your friend. I know, it sounds pretty weird, but watch the talk, try her techniques, and tell me you don't feel better.

<https://www.youtube.com/watch?v=RcGyVTAoXEU&feature=youtu.be>

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry

[www.goodmoveglasgow.com](http://www.goodmoveglasgow.com)

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