

Hi Everyone

We hope you are keep well!

Just to let you know Heather has started work with the British Red Cross, and Michelle is due to start next week. We will still be supporting the walking, just that our availability will be a little more restricted. If you have any issues or need to chat anything through please still call us, we may not be able to answer straight away but we will get back to you. Barry will still with be with walking full time and available Tuesday- Friday.

With deep sadness we share this news

It is with great sadness that we have to let you know that Lilian Starrs has passed away. Lilian became a Walk Leader in 2013 for the Sunday Hughenden Health Walk. However, she went to many other walks including Victoria Park, Knightswood, Drumchapel and Heart of Scotstoun as a walker but gladly helped out if needed. She was a true walking champion and encouraged everyone to get involved. As well as being a leader and walker, Lilian was also a great friend to many. Her twinkling eyes, sense of fun and zest for life inspired us all.

We loved having her as part of our Health Walk family and she will be sorely missed. Our thoughts are with her family and friends at this difficult time.

Help us support people who are shielding

We know there are many people shileding during this time, and we have tried every way possible to reach out, connect and support people in any way we can, but we also know not everyone has access to online support, or would use this as a preferred support mechanism.

As walk leaders we feel you may be better placed to help us identify people in need. We know each walk has a different way of connecting, some have whatsapp groups, some checking in weekly and you may have everything covered in terms of support, however if there is anyone you can think of in need of more support please pass on name to Heather, Michelle or Barry and we will make contact.

Is walking our superpower in this time of anxiety?

Neuroscientist Shane O'Mara hit the headlines last year declaring [walking as a superpower](#); but he couldn't have predicted just how important the wonder of walking would become in 2020...

It's Mental Health Awareness Week and Nicole Bell (Paths for All) has written a great blog.

The last 9 weeks have been an anxious time for all of us.

As a passionate believer in the transformative impact physical activity can have on our mental wellbeing, and member of Paths for All's staff to boot, I doubt I will surprise anyone by emphatically declaring the answer as 'walk!'

To read Nicole's full blog please click here: <https://www.pathsforall.org.uk/blog/blog-post/is-walking-our-superpower-in-this-time-of-anxiety>

14 Mindfulness Tricks to Reduce Anxiety

Anxiety can mentally exhaust you and have real [impacts on your body](#). But before you get anxious about being anxious, know that research has shown you can reduce your anxiety and stress with a simple mindfulness practice.

[Mindfulness](#) is about paying attention to daily life and the things we typically rush through. Don't worry, you don't have to spend an hour's pay on a class or contort your body into difficult positions. You likely already have all the tools you need to practice mindfulness. Use these tricks to add little bursts of mindfulness throughout the day to ease anxiety and calm your mind.

https://thriveglobal.com/stories/14-mindfulness-tricks-to-reduce-anxiety/?utm_content=buffer47634&utm_medium=Thrive&utm_source=LinkedIn&utm_campaign=Buffer

Coronavirus (COVID-19): Physical activity (NHS Inform)

Advice on physical activity during Covid-19 has been added to the NHS Inform website and includes some useful links:

Being physically active during the coronavirus (COVID-19) outbreak is very important for your health and wellbeing.

It can enhance your mood, wellbeing and energy levels by helping to reduce stress, anxiety and depression. Our [coronavirus pages](#) have further help and advice on how to look after your mental wellbeing.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/healthy-living/coronavirus-covid-19-physical-activity>

Things you can do to help clear your head (Healthier Scotland)

Things getting too much sometimes?

A lot of people aren't feeling quite themselves at the moment, and that's ok. The Scottish Government has put together a website full of ideas and tips for helping you to clear your head during these worrying times. <https://clearyourhead.scot/>

HAPPINESS Amidst A Pandemic With Marci Shimoff

It boosts our immune system, helps us heal more quickly, makes us more resilient, so perhaps a pandemic is the perfect time to cultivate more happiness

In this episode of the School Your Soul Podcast we're talking about happiness.

Why do we care about happiness right now in the middle of a pandemic? Happiness expert Marci Shimoff says in difficult times it's more vital than ever to access our happiness.

<https://podcasts.apple.com/us/podcast/happiness-amidst-a-pandemic-with-marci-shimoff/id1107607791?i=1000473576173>

Ted talk of the week

The Secret of Becoming Mentally Strong | Amy Morin

Everyone has the ability to build mental strength, but most people don't know how. We spend a lot of time talking about physical strength and physical health, but much less time on mental strength and mental health. We can choose to perform exercises that will help us learn to regulate our thoughts, manage our emotions, and behave productively despite our circumstances - the 3 basic factors of mental strength. No matter what your goals are, building mental strength is the key to reaching your greatest potential.

To watch the full video click here: <https://youtu.be/TFbv757kup4>

Silver Lining at Local Level THANK YOU :)

Thank you so much to everyone who completed the answers.

Please see some more answers - Again all very honest, inspiring and uplifting 😊 It's not too late to send yours, we'd love to hear from you.

Scott Bridges (Tollcross Walk Leader)

Silver Lining - I suppose my silver lining has been simply using the time to catch up with cleaning/tidying up around the house, getting things done that have been piling up. Once I got started it didn't seem so much of a challenge and all of a sudden everything looks so much better again and I got a real feeling of accomplishment which cheered me up no end.

What kept you going? I found that getting out for a daily walk (which I am used to as a walk leader) was not so inviting doing it alone so I got organised with some music and started counting steps, using an app on my phone. Once again I look forward to my walk and try to think of different routes to take and have now extended it to about one and a half hours. This gets me over my 10,000 steps which helps to fight against the flab. I suppose we are all eating a bit more than usual and I find that I don't get so hungry if I keep busy and my mind occupied. I am cooking more now which I find most enjoyable and getting used to planning more.

Biggest Challenge? My biggest challenge was making sure I could get enough food etc. as the supermarket was running low and very busy with queues at first with all the panic buying. I soon got used to going earlier than usual and the panic buying eased off after a while. I now go shopping less due to better planning. It is unfortunate that we cannot socialise with friends and family as much as we would like but if we hang in there it will all get better again. That's what I tell myself anyway.

What advice can you give others that's helped? I try to keep in touch with those I can contact and I'm sure we all feel better after unloading problems to each other. I think it also helps knowing that we are all in the same boat here and not as alone as we may sometimes feel. Help can be just a phone call away.

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry

IF YOU NO LONGER WISH TO RECEIVE THIS EMAIL PLEASE REPLY TO THIS MESSAGE AND WE WILL REMOVE YOU FROM THE DISTRIBUTION LIST

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