

Hi Everyone!

We hope you are well.

The government has announced we are moving into phase 3 of the road map out of lockdown. Full details can be found here: <https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-scotlands-route-map-through-out-crisis-phase-3-update/>

We are waiting for official guidance from Glasgow life in how we move forward- we will keep you fully updated as things progress. In the meantime, we hope the changes mean people can get out more and socialise (safely) as we know for many it is has been an incredibly difficult and isolating time.

Please see below this week's updates...

### **Super Six Exercises**

Live Life Aberdeenshire have produced a good video of the 'Super Six' Exercises and Balance Challenge. To see the full details please click here: <https://www.youtube.com/watch?v=uyRMOq0kr9I&t=4s>

### **Hike the Highlands from home**

The Highland Green Health Partnership have just launched a virtual walking challenge called 'Hike the Highlands from Home'. It's free, anyone can take part as individuals or in groups, and you don't have to live in Highland to join in. For further info please see <https://www.thinkhealththinknature.scot/walking-challenge-2/>

### **Why We Should Seek Happiness Even in Hard Times**

*Jack Kornfield shares his wisdom on why it's important to focus on well-being, even during times of strife. When we're deluged by bad-news stories, it's hard to not feel discouraged or even depressed. But, according to Buddhist psychologist [Jack Kornfield](#), falling into despair is not a response that helps anyone—not you, nor your community or the world. Instead, he argues, we must aim for compassion, caring, and equanimity. To read the full story please click here: [https://thriveglobal.com/stories/seeking-happiness-hard-times/?utm\\_content=bufferdf12c&utm\\_medium=Thrive&utm\\_source=LinkedIn&utm\\_campaign=Buffer](https://thriveglobal.com/stories/seeking-happiness-hard-times/?utm_content=bufferdf12c&utm_medium=Thrive&utm_source=LinkedIn&utm_campaign=Buffer)*

### **Online Strength and Balance Training**

Paths for all have now set up two dates for Strength & Balance training for existing Walk Leaders. These courses are open to volunteers and are limited to 15 places on each course, so volunteers will need to book quickly to be sure of a place. Joining instructions and training materials to individuals nearer the time.

If you would like to book a place, please use this booking form: <https://form.jotform.com/201883536508965>

### **Visit Scotland**

Visit Scotland have created a new visitor charter on how to enjoy Scotland over the coming months as the tourism industry reopens.

If you want to find out more- please click here: [https://www.visitscotland.org/supporting-your-business/advice/coronavirus-recovery/visitor-charter?utm\\_source=linkedin\\_corp&utm\\_medium=social](https://www.visitscotland.org/supporting-your-business/advice/coronavirus-recovery/visitor-charter?utm_source=linkedin_corp&utm_medium=social)

### **1600 year old ruin discovered during lock down**

The 1600-year-old basilica is found under Lake Lznik in Turkey. It is believed that one of the most important places in Christian history was discovered accidentally. It is because of the reduced pollution levels that in

Turkey and ancient church submerged that was possibly built on top of a temple to Apollo. To read the full story and see the image please click here:

[https://www.thatviralfeed.com/ruins-of-1600-years-old-ancient-church-return-to-view-as-water-clears-during-lockdown-in-turkey/95643/?pid=0&utm\\_campaign=social&utm\\_medium=u6478p9647&utm\\_source=social](https://www.thatviralfeed.com/ruins-of-1600-years-old-ancient-church-return-to-view-as-water-clears-during-lockdown-in-turkey/95643/?pid=0&utm_campaign=social&utm_medium=u6478p9647&utm_source=social)

### **Ted Talk of the week**

#### **The beauty of being a misfit- Lidia Yuknavitch**

To those who feel like they don't belong: there is beauty in being a misfit. Author Lidia Yuknavitch shares her own wayward journey in an intimate recollection of patchwork stories about loss, shame and the slow process of self-acceptance. "Even at the moment of your failure, you are beautiful," she says. "You don't know it yet, but you have the ability to reinvent yourself endlessly. That's your beauty."

[https://www.ted.com/talks/lidia\\_yuknavitch\\_the\\_beauty\\_of\\_being\\_a\\_misfit?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/lidia_yuknavitch_the_beauty_of_being_a_misfit?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

### **Recommended read of the week!**

Remember, you can download books for free from Glasgow Libraries -

<https://www.glasgowlife.org.uk/libraries/online-library>

#### **For one more day- Mitch Albom**

Every family is a ghost story . . .'

On the verge of adolescence. Decades later, Charley is a broken man. His life has been destroyed by alcohol and regret. He loses his job. He leaves his family. He hits rock bottom after discovering he won't be invited to his only daughter's wedding. What follows is the one seemingly ordinary day so many of us yearn for: a chance to make good with a lost parent, to explain the family secrets and to seek forgiveness.

**Keep healthy and stay safe**

**Best Wishes**

**Heather, Michelle & Barry**

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