

Hi Everyone!

We hope you are well.

Thank you to everyone who completed the GOLD Corona Virus Awareness course.

For anyone who missed it last week please see PDF attached.

As previously mentioned the road back will be unique to each person, so absolutely no pressure- but if you are well and looking to return to volunteering please read through the document and send an e-mail or text to confirm when you have completed it. The course is mandatory for everyone wishing to return. If you have any trouble accessing the document, please us know and we will post it out.

Please see below this week's updates...

### **Thriving with Nature**

The Mental Health Foundation and WWF have joined forces to bring you Thriving with Nature; a free guidebook which explores the relationship between nature, wellbeing and mental health. To read the full document please click here: <https://bit.ly/2OLAM8v>

### **Big Butterfly Count**

Help Butterfly Conservation with its UK-wide survey aimed at helping to assess the health of our environment simply by counting the amount and type of butterflies (and some day-flying moths) you see. Launched in 2010, it is now the world's biggest butterfly survey!

Between **Friday 17 July** and **Sunday 9 August** simply choose a place to spot butterflies and moths. Watch for **15 minutes**. Then record which species you see. Full details and ID information can be found at

<https://bigbutterflycount.butterfly-conservation.org/>

### **How to Rebuild Your Motivation When It Starts to Dwindle**

*When you're falling off the wagon, these smart tips will help you regain the momentum you need to keep going.*

*The process of committing to a [new habit](#) rarely goes exactly as planned. Most of us will fluctuate in our [motivation](#) levels or face setbacks that can send us off track. And that's OK, as long as we [recommit](#) and keep going. Remembering to 'reset' and 'your why' are just two of the steps you can take regain motivation.*

To read the full article please click here: <https://bit.ly/2BoBYLP>

### **Paths for All Update**

#### **Walking back to a happier and healthier Scotland**

Paths for All have joined 27 of Scotland's most influential public and third-sector organisations to call for the country to "walk back better" as society reshapes following Covid-19.

*“From continuing to encourage local walking for ‘daily exercise’ to supporting people to walk for short journeys to the shops, to work, and to schools, we’ll move forward from this pandemic to a healthier, cleaner, safer and happier nation.” To read the full article please click here: <https://www.pathsforall.org.uk/news/news-post/walking-our-way-back-to-a-happier-and-healthier-scotland>*

## **Summer Path Days**

Paths for All’s Active Environments team has developed a series of activities to encourage families to explore Scotland’s fantastic path networks. Summer Path Days offers ideas, tips and expert insights about how to get children exploring walkways while having fun. There is also a weekly giveaway!

<https://www.pathsforall.org.uk/whats-on/event-details/summer-path-days>

## **Ted Talk of the week**

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

Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

<https://youtu.be/RcGyVTAoXEU>

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

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

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

## **In Praise of Walking- Shane O’Mara**

### **The new science of how we walk and why it’s good for us**

*Walking is good for our muscles and posture; it helps to protect and repair organs, and can slow or turn back the ageing of our brains. With our minds in motion we think more creatively, our mood improves and stress levels fall. Walking together to achieve a shared purpose is also a social glue that has contributed to our survival as a species.*

## **Best Wishes**

**Heather, Michelle & Barry**

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