

Hi All

We hope this e-mail finds you well. This week we have definitely noticed that the days are getting longer and the first snowdrops are flowering - a sure sign that Spring is not too far away!

Please see this week's updates.

### **Movement for the Soul**

We have received requests for local walks and ideas, so each week we will try and include something local- ideas that might just give people a focus or a reason to get out that day/week. We know many of you are doing your own thing, or meeting with one other household, however if you are looking for some new ideas join our #movementforthesoul campaign.

Every week we will be going for a walk in our local area, we will share the route, photos and anything exciting from the walk. To get started- **Join Michelle on Tuesday at 11am for a virtual walk**- anywhere of your choice. Michelle will be doing an hour walk in the west end, but you decide your route and your duration.

If it is safe and you are well enough to do so, we would love you to join in. Let's learn from each other and share with us anything exciting from your walk; be it your route, nature, a wonderful view, something you never noticed, a podcast you listened to. With everything shared we will create a large collage and add to it every week.

Alternatively the city murals might be a good place to start. Dotted across the city you can visit one or more each day or work your way round. To find out more including locations of each please follow link <https://www.citycentremuraltrail.co.uk/>

They might not be accessible for everyone just now but the video is a good watch!

### **Outdoors for you- Lockdown Activities**

'Outdoors For You' have prepared a carefully measured activities programme specifically for the full lockdown period aiming to help people stay connected and active even though we cannot meet as a group.

As well as virtual activities, they can offer accessible one-to-one walks, runs, cycling and/or fitness support to maintain positive physical and mental health during this difficult period of time.

All activities are free with and Outdoors for You are particularly keen to work with minority ethnic groups, asylum seekers and refugees.

If you or anyone you know would like to find out more please email [info@outdoorsforyou.co.uk](mailto:info@outdoorsforyou.co.uk) , call 07840985858 or visit their website <https://bit.ly/3c3d3NR>

### **Zebra Crossing Consultation**

Transport Scotland and the Scottish Road Research Board are undertaking research on people's experience and views of zebra crossings. These views and experiences will contribute to a wider study looking at improving zebra crossings, especially for vulnerable users. Fill in the survey here: <https://zebracrossingresearch.com/>

## **RSPB Big Garden Birdwatch, 29th - 31st January**

Play your part in the world's largest bird survey this January - you don't even need a garden! All you need to do is spend an hour looking out the window and record the birds you see then submit your results. There are lots of resources and support online.

For full details and to register visit <https://bit.ly/2Y7EqOo>

## **Visit Scotland- How to draw famous landmarks from Scotland**

Visit Scotland shows you how to create drawings of 20 iconic landmarks, with easy step-by-step video tutorials that are perfect for beginners. There will be new videos added every week, so keep checking back to see what's next and "travel" right around Scotland.

Whatever your sketching ability, grab a bit of paper and a pencil and start drawing our famous landmarks from home and before long, you'll be planning a trip in real life to your favourite spots and sketching in person. Wouldn't that be a day out to remember?!

<https://www.visitscotland.com/see-do/attractions/arts-culture/sketching-scotland/>

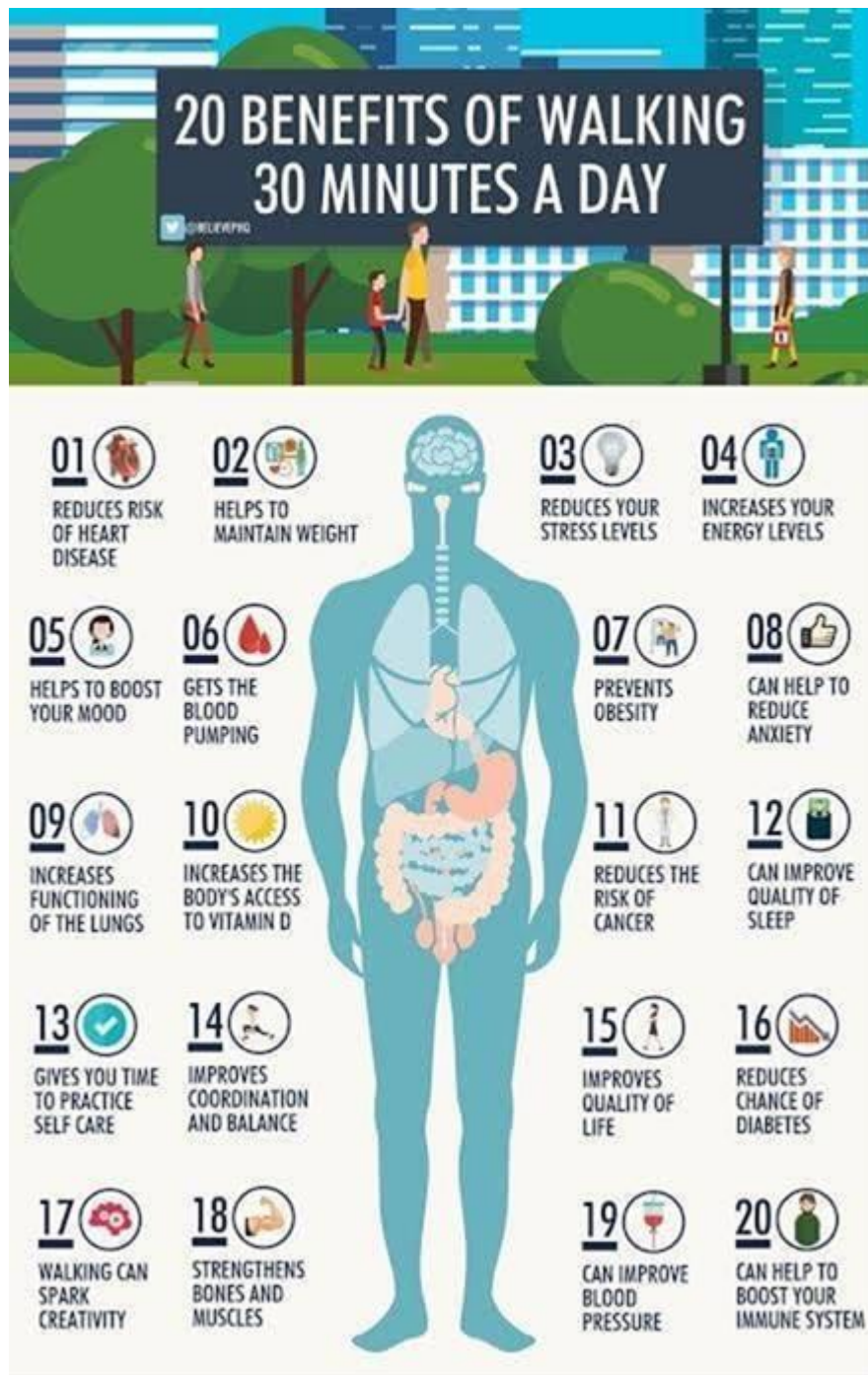
## **5 Simple Ways to Worry Less**

***It's all about taking a moment to pause and reflect when you're feeling overwhelmed.***

*Normally this time of the year, I advise readers on how to create a healthy work/life balance, prioritize their needs, optimize wellness, etc. and make the year their best ever. This January though is much different. So many people have suffered extraordinary loss, whether their livelihood or a loved one, due to the COVID-19. For these people and others, worrying has dominated their thinking and they feel like they have no control over their futures. It can lead them to lie awake at night as unrelenting anxiety and fear gnaws away at them. Worry though to some extent is normal and learning to do it a little less can make a big difference right about now.*

Please [click here](#) to read the full article and 5 tips on how to worry a little less.

Thought for the day!



**Heather, Michelle & Barry**  
**The Good Move walking Team**

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