

Hi All

Firstly, we would like to say a very Happy Lunar New Year. A time to reflect on what has been and what is yet to come. Here's to happiness, kindness and good health. *"Some days you will be the light for others, and some days you will need some light from them. As long there is light, there is HOPE, and there is a way"*

Thank you to Heather, Dorothy (walk Leader) and Bernie (Themed Walker) for sharing information from their walks. We are gathering quite a collection here ☺. It is so lovely seeing and hearing about all the different routes, places to visit etc. Not to mention the beautiful photographs and, now even a painting! ☺

Your efforts are greatly appreciated! Please see full details attached. Also, check out the Antonine Wall <https://www.antoninewall.org/visiting-the-wallGlasgow> Heritage walks below for a bit of inspiration!

Please see below this week's updates.

Winter walks near you- Woodland Trust

Getting out in the fresh air on a crisp winter's day is so invigorating. But we know it's not always easy to convince youngsters to embrace the cold weather. So, here are some of our favourite winter activities to liven up your family walks and help you enjoy some quality time together in the woods.

We care for more than 1,000 woods across the UK. From magical ancient woodlands to peaceful urban escapes, they're ideal for family walks. [Use our wood search](#) to find a wood near you. Please ensure you enjoy our woods safely by following social distancing guidelines and staying local.

To read the full blog please follow link: <https://www.woodlandtrust.org.uk/blog/2020/12/fun-ideas-for-family-winter-walks/>

British Red Cross- Free Digital Classroom

A range of digital education session for adults, including a brand-new workshop, Adapt & recover from adversity.

Our free digital classrooms are available for adults (19+) and young people (aged 10-19 years old) and are an opportunity to learn new skills and connect with others.

For all of our digital sessions, which are run via Zoom or Teams, the group can join with their devices individually or a Red Cross educator can present to an entire group if they are all in the same location.

If you have any questions please get in touch on please contact us on RedCrossEducation@redcross.org.uk or 07545926568 / 07834529083

<https://outlook.office365.com/owa/calendar/CalendarTest@brcsbrms.onmicrosoft.com/bookings/>

Movement for the Soul

We would love you to join our #movementforthesoul campaign- where you can share with us anything exciting from your weekly walk.

Dot, Heather and Brian shared their walk this week – please see attached.

Next week Michelle is heading to Glasgow Green, if you want to get involved- choose a nice park to visit and enjoy the view. Take a pic and send it in!

Alternatively the Antonine Wall might be of interest (travel permitted) From Old Kilpatrick on the west coast to near Bo'ness in the east, the Antonine Wall was around 37 miles (60km) long

The route made the most of landscape features such as ridges, crests and escarpments to create a forbidding and very visible barrier. For full details including the history, interactive maps and key artefacts please click here: <https://www.antoninewall.org/visiting-the-wall>

LIFE LINK - Cognitive Behavioural Therapy Groups

Life Link are offering four consecutive two-hour long sessions that provide a safe space for individuals to explore their own personal challenges.

These 2-hour sessions run weekly for 4 consecutive weeks and provide a safe space for individuals to explore their own personal challenges. These sessions are delivered using a CBT based approach and deal with issues such as stress, anxiety, low mood and relationships - a full list of the course we run is below.

How Do I Access Lifelink's Services?

You may refer yourself directly into our services or be referred by your GP, Health Practitioner or an organisation in your community. We have a number of service centres and venues located in neighbourhoods across Glasgow. To refer yourself or someone else for Lifelink's services you can:

- **Complete our online referral form [here](#).**
- **Telephone us on 0141 552 4434.**

<https://www.lifelink.org.uk/how-we-can-help/adults/cbt-groups/>

Why Humor Is a Secret Weapon In Life

Humor and levity are uniquely powerful tools for leading lives of meaning and purpose. You might already know how to infuse your work life with humor and levity, and why it's so important. But here's the thing: Once the workday is over, you go home to your full and beautiful and complicated life. What then?

Having spent the last two decades researching the drivers of human well-being: How do people create meaning in their lives, how is meaning different than happiness, and ultimately, how does one design a life well lived? Please see a couple of ideas below, do any of these statements resonate with you?

Boldness: *"I wish I had lived more fearlessly."*

Authenticity: *"I wish I had lived a life true to myself."*

To read the full article please follow link: https://thriveglobal.com/stories/why-humor-is-the-secret-weapon-we-all-need/?utm_source=Newsletter_General&utm_medium=Thrive

Walk Off Your Anxiety

When you're anxious and stressed, exercising can do wonders.













I woke up feeling stressed today. I hadn't gotten enough sleep, so that was probably the main cause, but I could feel the telltale flutter of anxiety in my chest. It wasn't tied to anything specific that's going on, it was just there.

Unless I did something about it, it was going to bother me all day. I had enough to do already. I didn't need or want that yucky [anxious](#) feeling following me around. [As I've written about before](#), low blood sugar can cause anxiety symptoms. I'd already had some food with a good dose of protein and fat, so that likely wasn't the cause today. I'd also done my morning [mindfulness](#) practice, but still felt off. What else could I do, to change how I was feeling? I decided to go for a power walk.

To read the full article please follow link:

<https://www.psychologytoday.com/us/blog/prescriptions-life/202101/walk-your-anxiety>

Thought for the day!

 PRACTICE MINDFUL BREATHING	5 MINS
 PAMPER YOURSELF	25 MINS
 FOLLOW A GUIDED MEDITATION	5 MINS
 MOVE YOUR BODY	25 MINS
 WRITE DOWN YOUR THOUGHTS AND FEELINGS	15 MINS
 DANCE AROUND TO YOUR FAVE TUNES	5 MINS
 WRITE THREE THINGS YOU ARE GRATEFUL FOR	5 MINS
 CALL A FRIEND OR LOVED ONE	25 MINS
 GET SOME FRESH AIR	15 MINS
 DRINK SOME WATER	5 MINS
 FUEL YOUR MIND	20 MINS
 UNPLUG FROM SOCIAL MEDIA	60 MINS

Heather, Michelle & Barry
The Good Move walking Team

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