

Hi All

We hope this email finds you well. What a strange week! Between days of heavy rain and high winds we had glorious sunshine and it really felt like Spring was in the air.

In this week's roundup, find out about Scottish canals courtesy of Jinty (Health Walker), and also how Heather got on looking for signs of Spring on her walk below and read about the Scottish Government Covid-19 Strategic Framework Update and what it means for group walks.

Scottish Government Covid-19 Strategic Framework Update

On Tuesday, the First Minister introduced the Scottish Government's updated [Strategic Framework](#) with initial timescales for the easing of restrictions. A more detailed version is to be published in mid-March.

The Government is taking a cautious approach and set out the conditions that need to be met to start lifting restrictions in a safe way with a 3 week gap between each change to monitor infection levels. From the document it appears that Health and Themed walks will not be permitted before April at the earliest.

We will keep you updated on the situation and work behind the scenes to ensure a safe and smooth return for those who feel ready to be involved. We cannot thank you enough for your patience and understanding, during what has been an incredibly difficult time for many. Your health and safety will remain a top priority for us going forward.

Support to Help Older Adults Stay Active

Throughout the COVID-19 pandemic our Good Move colleagues have been supporting older adults and those who are shielding to stay active. Through online classes, home based activity packs and telephone support they've helped people to sit less and move more. Perhaps they can help someone you know or work with? Click here to find out more -> <https://bit.ly/3dpFV3E>

Walking with Nature webinar- Thursday 18 March 2021, 6:30 - 7:30

There is increasing knowledge about the benefits that connecting with nature can have for our wellbeing. This webinar will discuss what you can do as part of Paths for All's [Walking with Nature](#) campaign.

They will also look at simple things we can do when designing or upgrading path networks to make it easier for walkers to connect with nature while walking.

Book online <https://www.pathsforall.org.uk/whats-on/event-details/walking-with-nature-webinar>

Volunteer Glasgow- Winter Survival Guide

Volunteer Glasgow has produced a Winter Survival Guide as part of their Winter Mental Health Campaign that includes details of Glasgow-based organisations that can provide help and support

Download at: <https://www.volunteerglasgow.org/downloads/Leaflet-digital-version.pdf>

They also have hard copies to distribute. If you would like a bundle to distribute to members or people you work with please contact;

Emma McLean

Engagement & Inclusion Adviser

email: emma.mclean@volunteerglasgow.org

Movement for the Soul

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

Heather was looking for signs of Spring this week #walkingwithnature and Jinty (Health Walker) has been enjoying the Forth & Clyde Canal – please see attached.

How Self-Love Can Boost Our Success And Happiness

When we show compassion toward ourselves, it translates to how we treat others.

Many people say February is hands-down the most depressing time of year. The days are short, it's cold and gloomy and people tend to isolate from inclement weather and now self-distance from the coronavirus. With winter in full swing, a recent study showed that 62% of respondents said they usually feel more depressed this time of year with a third (32%) saying it's consistently the worst season for their mental health.

But February is also known as the month of love—a time to remember the importance of love and compassion toward others as well as yourself. Negative self-judgment can undermine job performance and increase stress, whereas self-compassion—the loving-kindness, supportive treatment toward yourself during job challenges, personal shortcomings and professional setbacks—is a more powerful career advancement tool.

To read full article please [click here](#)

Kings Park Survey

Whether you use the Park or not, the Friends of Kings Park would love to hear your views and ideas about how best to develop the park for all to enjoy.

Please take 5 minutes to complete their survey at the link below before Sunday 28th February.

<https://www.smartsurvey.co.uk/s/FoKP2021>

Thought for the day!

ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	<p>"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn</p>			

ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together

Heather, Michelle & Barry
The Good Move walking Team

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