

Hi Everyone

We hope you are well! We are delighted to say that lots of health walks have now restarted which is great news! However, due to covid restrictions a number of the Good Move health walks are full just now although we have spaces on our Drumchapel, Kelvingrove, Pollokshaws and Craigend walks. Please get in touch for more information.

We are getting a lot of enquires from people keen to join a walking group. So, if your walk is open to new members please let us know and we would be delighted to signpost people your way!

Please see below this week's updates!

### **Themed Walk programme July/August 2021**

Please see themed walk programme attached. If you would like to book a place please email [walking@glasgowlifelife.org.uk](mailto:walking@glasgowlifelife.org.uk) or 0141-287-3831. Please state the walk you would like to book, along with the time and a contact number.

Please note maximum 4 walks per person although you are welcome to add your name to the waiting list for others!

### **National Carers Week 7<sup>th</sup>- 13<sup>th</sup> of June 2021**

*The theme for 2021 "Make Caring Visible and Valued". The campaign will be focusing on the importance of not only recognising carers, but also valuing them for the vital contribution they make -not just during the past year, but every day.*

We know finding time for yourself when you are a full time carer can be extremely difficult or near impossible; however self-care is highly important, and as the old saying goes you "cannot *pour from an empty cup*" For hints and tips on how to look after your own mental well-being while caring for others please [click here](#)

### **3 Phrases That Will Transform the Way You Look at Movement**

*Goodbye, exercise regimen — hello, self-care routine.*

*The way we talk to ourselves about exercising — both out loud and in our heads — has a tangible effect on our behavior and whether or not we keep up our movement routines in the long run.*

*That's why it's so important to examine and reframe some of our unhelpful thoughts about working out. Researchers have found it has a powerful impact on our "biased thoughts" about movement, too, like assuming we are too busy, catastrophizing, or having an all-or-nothing mentality. Reframing our thoughts around exercise, the study shows, can reduce negative feelings, boost our intentions to get moving, and actually push us to be more active in our daily lives.*

1. *Replace "exercise" with "movement"*
2. *Think of your workout routine as a "self-care routine"*
3. *Remember: You don't have to — but you can*

To read the full article, which explains everything in great detail- please [click here](#)

## **Glasgow International Friday 11<sup>th</sup>- Sunday 27<sup>th</sup> of June**

For three weeks Glasgow International showcases the best of local & international visual art in venues across the City!

Glasgow International is a unique visual art festival taking place over three extraordinary weeks and in over 60 venues across the city.

The free festival offers audiences an unparalleled opportunity to see and discover the work of over 150 artists based in Glasgow and across Scotland, and from the wider UK and around the world.

Major new commissions and exhibitions will be undertaken in a wide range of venues, from more established institutions such as Kelvingrove, Tramway, CCA and GoMA to newer, artist-run spaces as well as in shops, stations, libraries and a selection of the city's lesser known architectural gems.

For full details please [click here](#)

### **Why Kindness Has a Ripple Effect**

*Have you ever launched a rock into a still body of water? The impact of the rock creates a ripple effect across the entire pond, until those ripples reach the edge of the water. It can be a beautiful experience, and it also illustrates how our actions affect other people. When we display love and kindness to others, that feeling ripples out to people in our inner circle and perhaps beyond it. The same logic also applies to hate or anger.*

*We have a dangerous tendency to think that our actions only affect the people that we direct them to, but I believe the impact of our actions extends out further than we may ever know. Because of this, it's important that we begin being more thoughtful about our actions and words.*

To read the full article please click here: <https://www.psychologytoday.com/us/blog/meditation-modern-life/202105/why-kindness-has-ripple-effect>

### **Thought for the day!**

**A smiling face is  
not a sign of a  
perfect life.  
It's a symbol of a  
hopeful one.**

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

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