



Wellbeing Week beginning: 6.7.20

Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.

-Fred Rogers

Maybe you think someone doesn't have a lot on their plate compared to you. But maybe their plate is smaller than yours and doesn't have a lot of room to begin with. Or maybe their plate is paper, and their flimsy paper plate can't hold as much as your sturdy ceramic plate can. Or maybe their plate was broken, and is now held together with glue.

Mental Health Awareness Life  
By Jackie Coleman

**MIND JAR**

**For this you will need:**  
 • 1 empty jar with a lid and no labels  
 • Some hot water (be careful and ask a grown up to help you)  
 • 2 tsp of glitter glue

**How to make it**  
 Pour the hot water into the jar and add the glitter glue.  
 Put the lid on and shake up the jar. Watch the bits of glitter swirl around – these are like all the thoughts and feelings in your very busy brain. See how when you keep the jar still the glitter starts to settle down – just like your thoughts and feelings will if you sit still and calmly breathe for a moment.

**Top Tip!**  
 Next time you feel upset or angry give the jar a good shake – then sit, be still and wait for the glitter to settle. This will also help you calm your mind.

HM Government NHS

On public transport  
At the shops  
In all enclosed spaces

**FACE COVERINGS  
PROTECT OTHERS**

# LAVA LAMP

**You'll need:**  
 • A clear plastic or glass bottle or jar  
 • A bottle of vegetable oil  
 • Water  
 • Alka Seltzer  
 • Food colouring

**Instructions**

Fill the bottle about a quarter full with water. Top up to near the top with vegetable oil.

The oil and water should separate into two layers, water at the bottom and oil on the top.

Once the oil and water have separated, add enough food colouring to get the colour you want. The colour will mix with the water at the bottom.

Pop in half an alka seltzer tablet and watch the bubbles.

Add more alka seltzer little by little to keep the bubbles rising and falling.

## GET YOUR DAILY D.O.S.E.

How to get your daily DOSE of happiness chemicals

**1 What are the Happiness Chemicals?**

- DOPAMINE**
  - Enables motivation, learning and pleasure
  - Gives you determination to accomplish goals, desires and needs
- OXYTOCIN**
  - Gives feeling of trust, motivates you to build and sustain relationships
  - Known as "Cuddle or Love Hormone", plays a role in bonding
- SEROTONIN**
  - Feeling significant or important among peers
  - Calm form of accepting yourself with the people around you
- ENDORPHIN**
  - Releases a brief euphoria to mask physical pain
  - Response to pain and stress to alleviate anxiety and depression

**2 How Deficiency Affects You**

- DOPAMINE**: procrastination, low self-esteem, lack of motivation, low energy or fatigue, inability to focus, feeling anxious, feeling hopeless, mood swings
- OXYTOCIN**: feeling lonely, lack of motivation, low energy or fatigue, disconnect of relationships, feeling anxious, feeling hopeless, insomnia
- SEROTONIN**: low self-esteem, stressed, anxiety/panic attacks, mood swings, feeling hopeless, social phobia, obsessions/compulsion, insomnia
- ENDORPHIN**: anxiety, depression, mood swings, aches and pains, insomnia, impulsive behaviour

**3 How to Increase Happiness Levels**

- DOPAMINE**: meditate, daily to do list, long term goals, food rich in L-Tyrosine, exercise regularly, create something, writing, music or art
- OXYTOCIN**: physical touch, socializing, massage, acupuncture, listening to music, exercise, cold shower, meditate
- SEROTONIN**: exercise, cold showers, sunlight, massage
- ENDORPHIN**: laughter/crying, creating music/art, eat dark chocolate, eat spicy foods, exercise/stretching, massage, meditate

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# MAMA TRIBE

HOSTS

**FREE LIVE CLASSES for kids & adults at home.**

www.facebook.com/mamatribeuks/

Revised Timetable Starts 8/6/20

<b>MONDAY</b>	<b>9.00AM</b> ADULTS TONE & STRETCH with Shara Taylor 30 minute class	<b>11.00AM</b> KIDS YOGA with Caroline Propp-Urch 30 minute class	<b>6.00PM</b> PRE/POST NATAL FITNESS with Sarah Kirk 30 minute class
<b>TUESDAY</b>	<b>10.30AM</b> KIDS SPANISH with Katherine Aguirre 30 minute class	<b>2.00PM</b> KIDS BALLET with Laura Tye 30 minute class	<b>3.00PM</b> SENSORY STORYTELLING with Lindsey Huggif 30 minute class
<b>WEDNESDAY</b>	<b>8.00AM</b> ADULT YOGA STRONG with Beth Winsor 45 minute class	<b>10.30AM</b> KIDS MUSICAL DOTS with Anna & Meg 45 minute class	<b>2.00PM</b> DIDI DANCE with Anne-Marie Martin 30 minute class
<b>THURSDAY</b>	<b>9.30AM</b> KIDS FRENCH with Amber Semple 20 minute class	<b>11.00AM</b> ADULTS PLATES with Lisa Be 30 minute class	<b>2.00PM</b> FUN & PHONICS with Claire Noonan 25 minute class
<b>FRIDAY</b>	<b>9.00AM</b> WORK OUT LIKE A MAMA with Sarah Waincock 30 minute class	<b>11.00AM</b> KIDS DRAMA & MUSIC with Danielle Zurawel 30 minute class	<b>5.45PM</b> STRETCH & RELAX with Kelly Chester 45 minute class

**about mama tribe.**

Mama Tribe is a digital platform for kind, family-focused women to find and connect with like-minded mothers, be encouraged on their parenting journey and support small businesses run by Mamas for Mamas.

there are many ways you can be involved.

shop, sell, blog, network, support

join the tribe.  
www.mamatribeuks

**Mayflower 400 10K race**

For those of you running for daily exercise, or just because you like to run, the following may be of interest; you could be awarded a medal and raise money for charity.

The 'Mayflower Muskie Madness Virtual 10k Race' has been launched as part of the Mayflower 400 commemorations. The original race was due to have 400 runners all taking the same route but, due to coronavirus, the run has now become a digital event enabling entrants the chance to run their own race at their own pace.

The first 400 people to sign up will receive a limited edition Spirit of Mayflower medal and profits from the entrance fee will go to St Luke's Hospice in Plymouth.

The online entry cost is £10.50 per person and you can find more information and the link to sign up via Run Britain on the Mayflower website .