

NEWS, JOBS, CONTACTS, ACTIVITIES

# WORKING TOGETHER

your online magazine



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YOUR ENERGY  
INTRODUCES YOU  
BEFORE YOU  
SAY A WORD.

# Welcome

## Editorial

So we're coming out of lockdown eh?  
One metre distance, pubs, shops, visitors,  
outdoor trips...

Here at Working for Health we're very  
aware that our meeting spaces are indoors.  
Which means we have to be very conscious  
of social distancing for the sake of  
everyone's health.

But watch your emails and watch this  
space as we start to think about how to  
bring about some sort of safe re-opening!

It will be wonderful to re-establish contact  
with you, face to face rather than screen-  
to-screen. Patience...

Gradually we're all on the way back.

In this edition you can treat yourself to a  
couple of chill moments with a guided  
meditation in Tibet followed by a tour of  
the country. Never tried guided meditation?  
It's easy. You just switch off, sit back and  
listen...

There's also a reminder about our new  
allotment - where you can be outside and  
safe and which we'll be developing into  
something even better! With your help, of  
course.

The wildlife charity WWF have teamed up  
with the Mental Health Foundation to  
produce some great resources, tips and  
advice for us all. Find out all about this  
inside as well.

As always, our magazine is about hope,  
positivity and optimism. We believe in a  
better future and in better lives.

You know that all you have to do is get in  
touch and we can make that journey  
together.

*Editor*

## Contact us

**email:** [hello@workingforhealth.co.uk](mailto:hello@workingforhealth.co.uk)

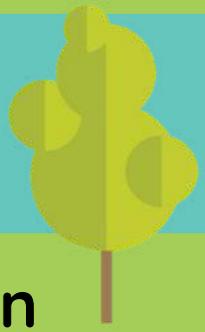
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**Instagram:** [workingforhealthhulleastriding](https://www.instagram.com/workingforhealthhulleastriding)



# Nature for Health



## WWF and the Mental Health Foundation publish mental health support guide

[www.mentalhealth.org.uk/campaigns/thriving-with-nature](http://www.mentalhealth.org.uk/campaigns/thriving-with-nature)

The free guidebook, 'Thriving With Nature', aims to raise awareness and open conversations about mental health issues, while recognising the increasingly important role that nature plays in supporting positive mental wellbeing.

The guidebook explores the relationship between nature, wellbeing and mental health. It features ways nature can help us, how we in turn can help nature, plus activities to maximise the benefits we get from the nature on our doorstep, such as stargazing and tips to grow your own food.



WWF is the world's leading independent conservation organisation. Our mission is to create a world where people and wildlife can thrive together.

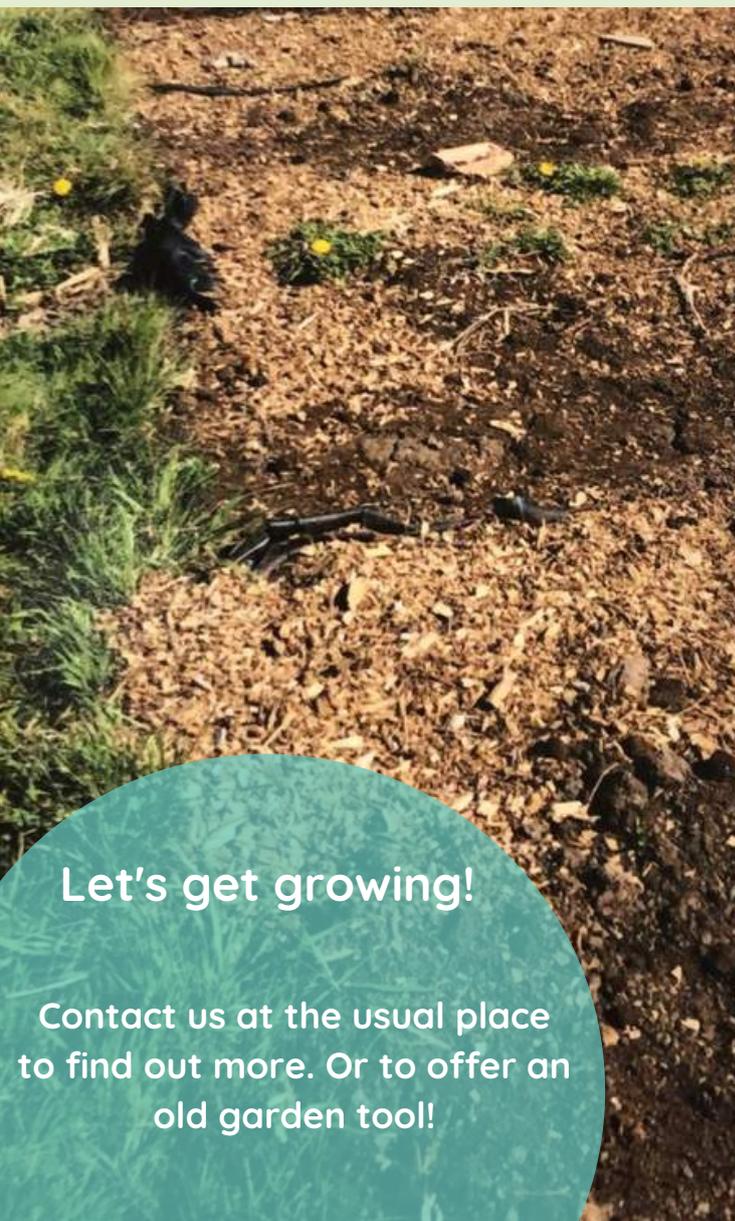


Click the link above and download the free WWF/Mental Health Foundation guide to how nature helps your health. Then check out our **ALLOTMENT!**

# Growing for Health



## A thumbs up from your Working for Health allotment!



Let's get growing!

Contact us at the usual place to find out more. Or to offer an old garden tool!



In case you missed the previous edition - this is our new pride and joy. Well, it will be once it's up and running properly!

Which is where you come in.

Soon we will need you to get involved; grab a spade and help us make it a place of relaxation, work and pleasure.

So much to do and such a (socially distanced) wonderful place to do it.

Let nature calm your mind and show the way to positive growth.

And grow some spuds at the same time.

# Meditating for Health



## Guided meditation

As part of our Tibetan-themed sequence of goodies this week, start with a wonderful guided meditation with Buddhist monk Andy Puddicombe.

Let his voice and the soothing sounds of the Himalayan forest (who knew there was one?!) take you a journey to a beautiful place.

And if you like it, settle into a journey of your own by using the meditation guide further on to help you.

Oh - and you don't have to be cross-legged to meditate! Just sit comfortably, let your feet touch and your hand clasp loosely in your lap.



[www.youtube.com/watch?v=BR6yH4S1UMU&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=1](https://www.youtube.com/watch?v=BR6yH4S1UMU&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=1)

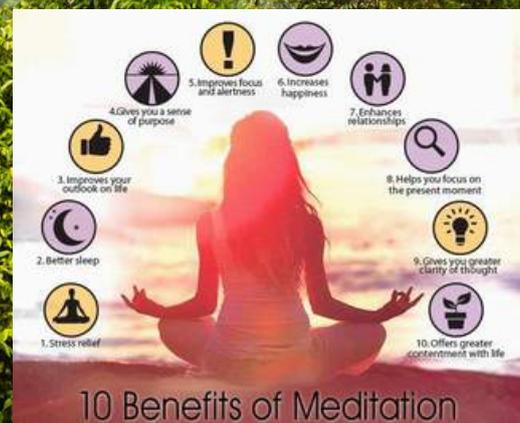
## Personal Meditation

So maybe you just want that mellow mood to continue? Maybe it's a wet and breezy day outside and you want to create an ambience for contentment inside?

Close your eyes, sit quietly and try this tip from Transcendental Meditation: let your thoughts wander where they will then gradually push them aside and drift away on emptiness and music.



[www.youtube.com/watch?v=-Av9yWZJUrk](https://www.youtube.com/watch?v=-Av9yWZJUrk)



# Touring for Health



The refurbished Magic Bus is back to take you on a tour.  
Tibet: a place of breathtaking beauty and spirituality.

Where will you start?  
With a tour?



[www.youtube.com/watch?v=3WetplXVVUo](http://www.youtube.com/watch?v=3WetplXVVUo)

The skies and the stars



[www.youtube.com/watch?v=QbomjulhBUs](http://www.youtube.com/watch?v=QbomjulhBUs)

A look at the forest zone.



[www.youtube.com/watch?v=v0EwwNpозzE](http://www.youtube.com/watch?v=v0EwwNpозzE)

An overview of the history and Himalayas



[www.youtube.com/watch?v=F3HZdiUUyqo](http://www.youtube.com/watch?v=F3HZdiUUyqo)

## Tibet: the roof of the world.

Due to the high altitude, Tibet is a land of snows as well as a mysterious place to explore. Snow mountains and grasslands, scattered herds of yak and nomads on the plateau, spectacular monasteries, tranquil lakes and a perfect blue sky; all can be seen in this magical land.

Tibet is a place of natural wonder, a treasury of cultural relics and a destination for adventurers. For centuries this Buddhist kingdom, locked away in its mountain fastness of the Himalayas, has exercised a unique hold on the imagination of the West.

When the doors were finally flung open in the mid-1980s, Tibet lay in ruins. Between 1950 and 1970, the Chinese wrested control of the plateau, drove the Tibetans' spiritual leader, the Dalai Lama, and some 100,000 of Tibet's finest into exile and systematically dismantled most of the Tibetan cultural and historical heritage. For a while images of the Buddha were replaced by icons of Chairman Mao.

Today, Tibetan pilgrims across the country are once again chanting mantras and turning their prayer wheels in temples that are heavy with the thick intoxicating aroma of juniper incense and yak butter...

The Dalai Lama



# Sharing for Health

The Work Place  
DROP-IN

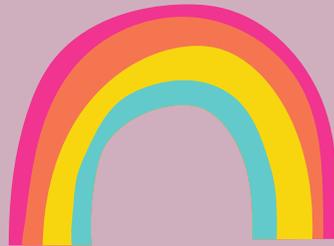
## Glimmers of Hope

What has got you through the last three months of lockdown?

We chatted about this in our drop-in session on Zoom last Wednesday. It was really inspiring to talk about the huge variety of things that have given us hope and joy during what has been a strange time for all of us. We wanted to share with you all in the hope it will inspire you.



Watching a  
bumble bee  
in my garden



Drawing rainbows to put in the window  
and walking around looking at the  
other pictures down my street



Football starting again and  
being able to watch it on tv



Seeing a young fox  
in the garden



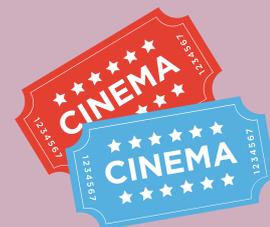
Being able to support  
each other and knowing  
we are not alone



Looking at the flowers  
and noticing how  
much they have grown

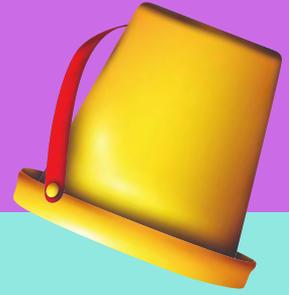


Seeing families spending  
time together out walking



Excitement about the cinema  
and pubs opening again

# Success for Health



## Try our Back-to-Front BUCKET LIST

"A bucket list is a set of things you want to do before you turn up your toes.

I'd like to climb Kilimanjaro for example. I mean, why not? Others can do it.



But the chances are it won't happen any time soon. Not unless I learn to climb. Plus I'll need to win the lottery to pay for it. Plus there's no travel there yet. Plus - let's be honest - it's just a pipe dream.

So, why not look at goals a different way.

Flip it round: never mind what you are going to do (not today anyway), look at back at what you have already done.

After all, it doesn't have to be once in a lifetime to be an important achievement.

Here are a few accomplishments that we are proud of:

Taking a trip alone

Completing a fitness challenge

Passing a driving test

Learning the guitar

Painting a picture

Spotting a rare bird

Seeing St Paul's Cathedral

Singing on stage

Getting a job

Making time to sunbathe

Helping someone



**'ACCOMPLISHMENTS  
FROM WAY BACK!'**

**- think back to your  
childhood and work  
your way forwards.  
2 minutes! Ready?**

**'MY ACCOMPLISHMENTS'  
- take 2 minutes to list as many  
as you can.**



# Laughter for Health



Theatres are closed until the new year at least.

For some, it's a posh place for rich people anyway.

For others, it's a joy.

Here at Working for Health we think that theatre is for everyone. We want to reclaim it and have fun with it.

Make it speak for us; for you.

After all, it's a great way of getting your story out there.

So our tame Theatre Tour Guide has put together two of the best comedies around.

See what you think!

Lead on, Alphonse.



[www.youtube.com/watch?v=79BfXoLyzLc](http://www.youtube.com/watch?v=79BfXoLyzLc)

## The Play That Goes Wrong: Peter Pan

Alphonse says:

"this is hilarious. It hurts my sides to watch it. Enjoy the world's most useless drama group putting on a play."



[www.youtube.com/watch?v=sPbhhpCn\\_3k](http://www.youtube.com/watch?v=sPbhhpCn_3k)

## The Reduced Shakespeare Company: The Complete Works of Shakespeare

Alphonse says:

"Four Americans in a non-stop barrage of jokes and fast gags. You don't need to know anything about Shakespeare (thank goodness!). A great and long-running hit all over the world."

# Mindfulness for Health



## What is Mindfulness?

Mindfulness is a practice where you use the five senses to engage physically and non-judgmentally with the world around you.

When you do a task with mindful awareness, you do it with 100% of your energy and attention.

Any activity can be done with a sense of mindfulness, even eating dinner with your family.

For example, you can pay attention to the texture and flavours of the food. You can think about how the food nurtures the body and keeps it healthy.

Practising mindfulness is incredibly empowering.

It can help manage stress and anxiety when it does occur. It helps with self-regulation, promotes positive emotions and self-compassion.

Try this to get an idea of how it all works:

### The Tea Drinking Experience

If you love drinking tea, why not try drinking it a little bit slower?

Better yet, try drawing your attention to the sensations, smells, or sounds you observe from the moment you start brewing to the moment you finish your cup.

Notice how it feels to make the tea, the colour of the tea leaves, the sound of the kettle, the shape of the mug, the scent that arises, what the tea tastes like, and how it feels in the body as you make and drink the tea.

That's all there is to it. Be aware of the world around you. Appreciate it. Love it. That way lies contentment. Even for kids.

5 WAYS TO HELP YOUR KIDS BE MINDFUL  
(and help yourself at the same time!)

### Fun MINDFULNESS ACTIVITIES for children

by Big Life Journal

- 1. "JUST ONE BREATH" BREATHING ACTIVITY**
  - Find a relaxing place, sit comfortably, and set a timer for one minute.
  - Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
  - Take another slow deep breath, imagine the air moving down into the lungs and back up.
  - Take one more deep breath and hold for a moment, then release it.
- 2. CREATE A GLITTER JAR**
  - Finding a jar or plastic bottle and allow your child to decorate it however they like.
  - Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
  - Seal the lid and you are ready to go.
- 3. HEARTBEAT EXERCISE**
  - Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
  - At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.
- 4. GOING ON A SAFARI**
  - Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
  - Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
  - Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.
- 5. TENSE AND RELEASE MUSCLE RELAXATION**
  - Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
  - Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
  - Continue moving up the body for more relaxation.

Big Life Journal - [biglifejournal.com](http://biglifejournal.com)

Stay alert, stay safe  
and stay in touch



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