

MIND IN BARNET – NEWSLETTER

If you want to find out more about Mind In Barnet's wellbeing service, email: sambrown@mindinbarnet.org.uk



MENTAL HEALTH TIP OF THE DAY..

Music is proven to help change our mood and is a powerful tool in maintaining mental health. If you have an artist you love, stick them on! No matter how many times you've heard them. Or push yourself, find some new music. Only music that improves your mood.

YouTube & Playlist

- Learning:

- National Geo – Why Bats Aren't as Scary as You Think: <https://bit.ly/2B9nJKq>
- Baby Turtles Hatch And Face A Perilous Race To The Ocean | VR 360 – BBC: <https://bit.ly/2Bdj5ex> - This is amazing! You can move the camera around in the top left, 360 degrees.

- Cooking:

- 12 Healthy Smoothies: <https://bit.ly/3ddnpry>

- Your Playlist:

- Angela – Cherish by Madonna: <https://bit.ly/2C6BB8E>
- Sam – Bustin' Loose by Chuck Brown & the Soul Searchers: <https://bit.ly/2N29oC7>
- Jake – Wings of a Dove by Madness: <https://bit.ly/3d8ECC8>



TV Club...



The Planets Ep.5 – BBC2 – Monday, 19:00 (7:00PM)

"In the final episode, Professor Brian Cox journeys to the remotest part of the solar system, a place that the most mysterious planets call home. These worlds remain shadowy for a simple reason. Beyond Saturn we have only ever visited the most distant planets once."



CHAT ROOM - GARY

I have been going for walks and jogging in the park for exercise. I have celebrated my friend's birthday which was nice. I have been cooking simple meals. I have been keeping in contact with my brother and his family over the phone. I have also been chatting to my friends Lorretta and Chris. – Gary