

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..

Motivate yourself. This can be one of the hardest things when you are feeling down but it can go a long way to improving your mood. Successfully focussing on a task (no matter how small) can boost your self-esteem.

YouTube & Playlist

- Learning:

- What Mud From Glacial Lakes Can Tell Us About Our History | Nat Geo: <https://cutt.ly/SaebvDI>
- The Best Of Animals Working Together | BBC: <https://cutt.ly/taebOP1>

- Cooking:

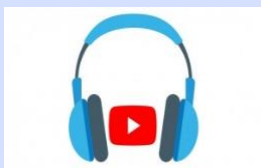
- A Crash Course in Guyanese Cuisine | Gordon Ramsay: <https://cutt.ly/Taec4Oe>

- Your Playlist:

- Angela – Yes – In the Presence of: <https://cutt.ly/NpsrvA3>
- Marcus – Gorillas – Feel Good Inc: <https://cutt.ly/kpstR13>
- Jake – The Supremes – The Happening: <https://cutt.ly/0psytOI>
- Richard – Wheetus – Teenaged Dirtbag: <https://cutt.ly/npsymVB>
- Rashid – John Waits – Missing You at All: <https://cutt.ly/EpsyS5k>

Click this link to access our Electra/Libra playlist:

<https://rb.gy/evmgvo>



TV Club...



The Golden Age of Liners – BBC4 – Monday, 20:00 (8:00PM)

“Paul Atterbury travels around Britain finding out how the great ocean liners made such a mark on the popular imagination and why they continue to enchant.”



CHAT ROOM - CHRIS

A big hello to everyone. I hope everyone is coping well. I, along with everyone, have been dealing with the lock-down the best way I can. How do I cope with the lock-down? I keep in contact by calling others on my smart phone as I prefer to hear a voice instead of an e mail or text. I have the internet, and that's a big help. At least I have music to practice on my Hammond XK1 organ. I have my books for study, I have discovered a lot new stuff and this keeps me occupied. I control my diet, go outside get some sun. I live from day to day during this lock-down, because I have to keep myself busy. keep in touch and, support each other. - Chris.