

MIND IN BARNET – Intro NEWSLETTER

Welcome to the Mind in Barnet newsletter. Here we can stay in touch. I'll provide a new tip every week to keep on top of your mental health.



MENTAL HEALTH TIP OF THE DAY.

It is important to exercise, daily if possible. Your body releases chemicals when you exercise that help boost your mood. If you can do this outside, then even better!



TV CLUB.



The Joy of Painting - Monday, 17:00 (7pm)

"Watch American painter Bob Ross as he creates a beautiful scene of mountains, evergreens, paths and bushes in just half an hour." – **I love this show! - Sam**



Please reply with any thoughts you had on the show. Let us know what your favorite place was or how much you would struggle without your smartphone and anything else you think of. I'll include what you write in the next letter.

Email to: sambrown@mindinbarnet.org.uk

What show should we watch next week? If you have any suggestions, please email your us.

If you have any thoughts or ideas for the newsletter, or just want to get in touch. Please email: sambrown@mindinbarnet.org.uk

YouTube Videos to watch.



- **Andrea Bocelli: Music for Hope**
- Live from Duomo di Milano:
<https://cutt.ly/Vt2qQCn>
- **Draw with me!** Amazing drawing of a horse, draw along or appreciate the talent:
<https://cutt.ly/3t2qr8W>



CHAT ROOM - RASHID

I have been doing a guided meditation every morning for one hour as it helps us deal better with negative thoughts, anxiety and fear for this situation. The meditation and mindfulness practices can help us to respond adeptly rather than reacting unconsciously.

During regular daily life, I did not have the time to prepare home-cooked healthy meals. Spending more time at home has now offered the opportunity to make those healthy vegan recipes I previously did not have time to prepare.

Apart from studying for my masters, I have also enrolled myself into three courses with Coursera. All three courses are related to my masters of mental health, and it helps me to expand my knowledge about mental health care.

I recommend you all to go to the website of "Coursera" (<https://bit.ly/2xtc4ot>) and have a look at this three-week course. It is a good idea to use some of this additional time to learn something new and upskill yourself. - Rashid