



STARS@wadebridge...

Send a message to Helen and Gemma to nominate a colleague to receive a small treat in recognition of something they have done.

Stuck for Lunch & Dinner Ideas? “Bored of Lunch”.

They have a Facebook page, videos, Instagram channel, etc and have recently launch a few very successful books with quick/easily to follow and make meals.

I highly recommend the pesto and garlic slow cooked chicken!



VISITS

Sion, Wendy & Helen recently met with a “Coalition On Youth Mental Health in Schools” to discuss what we get up to.

They were incredibly complimentary about the hard work being done to support everyone in their wellbeing.

Go Team!!!

Anxiety is a common mental health problem that can be caused by various life events, including financial pressures. A recent survey found that a significant number of adults feel anxious to the point where it stops them from doing things they want to do.

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

Mental Health Awareness Week aims to increase awareness and understanding of anxiety while advocating for improvements in mental health.

Here are some things to try if you feeling anxious....

1. Practice deep breathing exercises when you feel overwhelmed.
2. Stay active and exercise regularly to reduce stress and promote relaxation.
3. Use positive self-talk and challenge negative thoughts to reduce anxious thinking.
4. Connect with loved ones or seek professional help to manage anxiety symptoms.
5. Engage in activities you enjoy and prioritize self-care

1 Minute Health Boosters Run Up The Stairs

You need 20 seconds to climb 60 steps in a rigorous and efficiently paced manner. Do this thrice daily, three times a week, and you'll be boosting your cardiorespiratory strength.

What did the beach say to the tide when it came in?, Long time no sea!