

## Weekly Wellbeing Information and Tips



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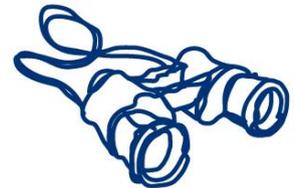
### Take Notice

Evidence shows that reminding yourself to ‘take notice’ and being aware of what is taking place in the present moment directly enhances your wellbeing. When we occupy our minds with ‘doing nothing’; we can find ourselves worrying about the future and caught up with unhealthy thoughts and negative feelings. In both cases, we can find ourselves not taking the time to pay attention to the present moment – the here and now. By taking notice and being in the present, we can improve our mental health and sense of wellbeing.

With many of us currently in situations where we may have more time than usual to ‘take notice’, it’s a great opportunity to start building this practice into our daily lives. Take some time to enjoy the moment and the environment around you.

Ideas you could try to help you “take notice”...

- How about joining in the [British Trust for Ornithology Garden Bird Watch](#). They are giving everyone free access to join their research during the COVID-19 lockdown – so you can support your wellbeing *and* contribute to scientific research!
- [The Records Office at West Sussex County Council](#) is currently looking for people to help document life in these times. If you like writing, start jotting down what you take notice of in your daily experiences and contribute to public records.
- Gardening can be a very grounding activity, and help bring a sense of normality. If you’d like some advice on how to get started, or would like to focus a bit more on gardening, have a look at the [Gardeners World](#) website which is full of tips for all levels, abilities and spaces. The May edition of their magazine also includes 6 free packets of seeds and a 2 for 1 entry card to hundreds of properties and gardens all over the country.



- To support Brighton and Hove City Councils **Healthwalks Spring Lockdown Challenge**, we have created a Walking to Wellbeing activity to help you Take Notice. For more information [please click here](#).
- We are very fortunate to have the **South Down's** on our doorstep here in Sussex. If you feel motivated to venture out on your daily exercise, have a look at the [Discovery Map](#) and see if there is anywhere new you can discover to take notice of our beautiful countryside.
- Spending time in an art Gallery or at an exhibition can be a great way to focus on the present and take notice. There are lots of virtual tours on offer including those available via [Arts and Culture](#). Closer to home, visit [Hastings Contemporary](#) with a robot. The tours are popular; you may need to book
- Visit [GPSmycity](#) for self-guided city walking tours that can be used all over the world. But for now, how about trying some of the routes and taking notice around [Brighton](#), [Eastbourne](#) or [Hastings](#)?
- Having the opportunity to indulge in the arts can help us to be focused on the here and now. Check out these free screenings from the [Royal Opera House](#), watch performances from the [English Ballet](#), or enjoy a series of concerts from the [Royal Albert Hall](#). Or how about a visit to the [Grammy museum](#)? You can download the app for the [Armchair Gallery here](#) giving you access to lots of exhibitions all from the comfort of your own home!
- One of the best ways to really focus on taking notice is through mindfulness and meditation related exercises. If you would like some guidance to get started, [Brighton Natural Health Centre](#) has a timetable of online exercises and activities.
- Practice some mindful eating – slow down, savour the moment and notice how it makes you feel. Check out this [short film on YouTube shared by Mind](#).
- Drawing, doodling and colouring can be a very mindful exercise – take notice of the colours and the sensation of the pencil against the paper, rather than trying to draw anything in particular. You can use a mindful colouring book or download and print some [mindfulness colouring images](#).

We will continue to bring you tips, initiatives and ideas so please keep an eye out!

Next week's edition: **Keep Learning**

