

THE WINCHESTER



Well Being Calendar

February
2021
Edition

RELEASE 06



WHY DO WE NEED THIS?

In the midst of our attention being ever so fixed on the overwhelming headlines & news articles, it's very easy for us to allow our mental & physical health fall into the cracks of dismissal. We all do need a break once in a while, and that break should be a distraction far from YouTube recommendations and our fridge!

That is why we are here to introduce to you,

'THE WINCHESTER WELLBEING CALENDAR SERIES 2021'

This 4 - week plan compresses mental & physical needs, making sure not to add onto your already existing workload. The activities range from all levels of difficulties, whilst rekindling wellbeing into your family, allowing for all to recharge, rejuvenate, reconnect.

PLEASE FEEL FREE TO CAPTURE THESE MOMENTS AND SEND THEM TO OUR INSTAGRAM PAGE:

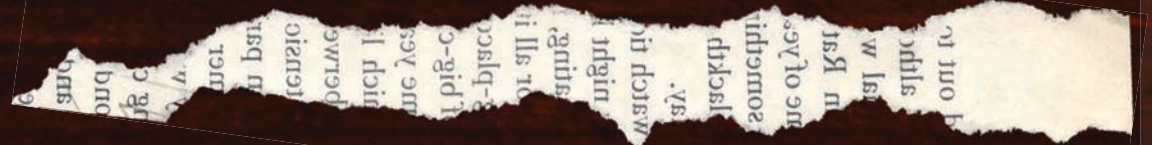
@FIELDNOTESOFMENTALITY

Well Being

WEEK 1

Winchester School

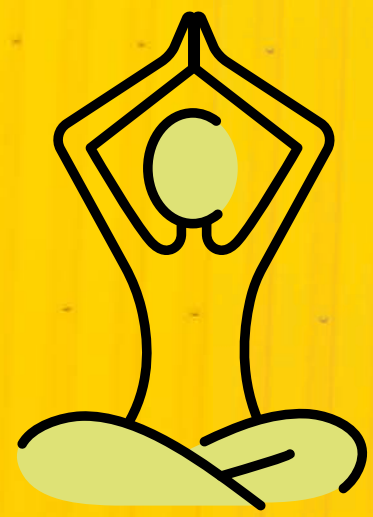
JEBEL ALI



Cool Gardening Ideas

NEON GARDEN!

Why not bring the love of bright colours into the garden. Some of the ways you can do this is through brightly coloured cactus, neon dipped flower pots and surrounding tiny succulents with neon rocks in mini pots. Varieties of Dahlias, Gladiolus, Cornflowers, Delphinium, Snapdragons also come in neon colours to plant in the garden.

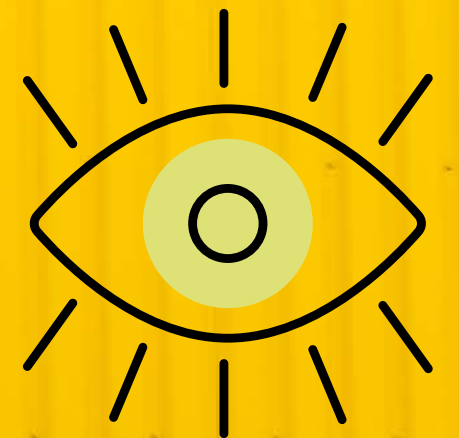


How Does Yoga Help to Increase Concentration?

A calm mind is able to focus and concentrate better. Yoga helps in keeping fluctuating thoughts and distractions at bay, which in turns helps you attain a peaceful and calm state of mind. Practising yoga is a great way of getting rid of clutter from your mind and attaining better focus.

Concentrate on a point

TRATAK KRIYA



Get a little creative and give yourself a break. Take an A4 size sheet and draw a black hole. Stand five feet away from the paper and now concentrate on the hole. You will see all your tensions going away and that black hole absorbing it up. It really works.

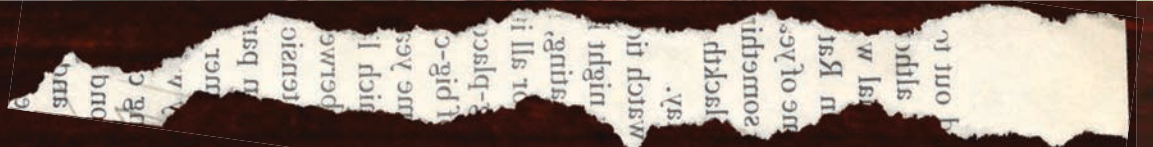


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WEEK - 2

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MAKE LEISURE AND CONTEMPLATION A PRIORITY

Leisure time is a necessity for emotional and mental health. Take some time to relax, contemplate, and pay attention to the positive things as you go about your day – even the small things. Write them down if you can, because they can be easy to forget. Then you can reflect on them later if your mood is in need of a boost.

- Be with others who make you smile. Studies show that we are happiest when we are around those who are also happy.
- Hold on to your values.
- Accept the good.
- Imagine the best.
- Do things you love.
- Listen to your heart.
- Push yourself, not others.

*Proud
OF
Myself*



*Happy
and free*



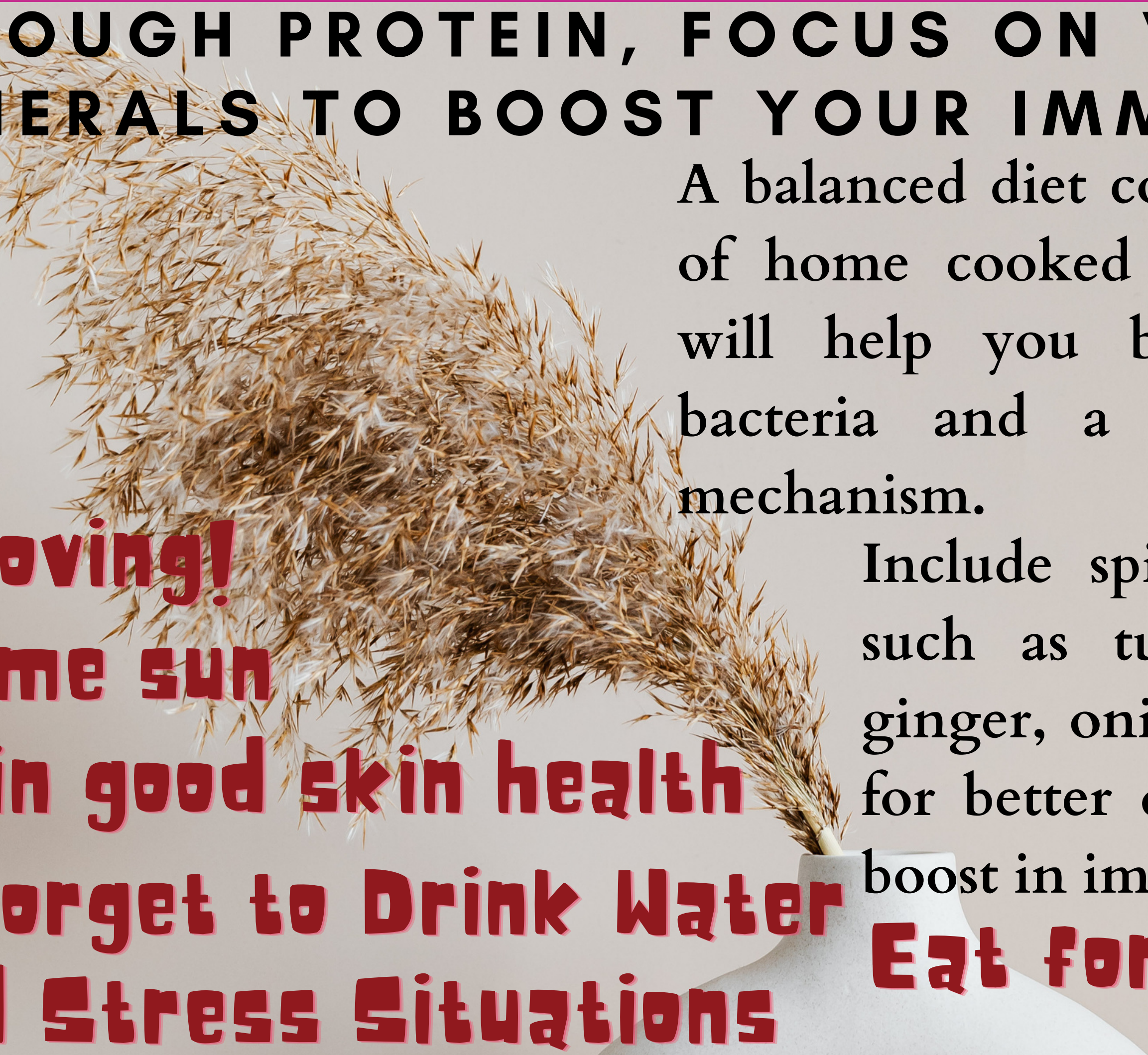
GET ENOUGH PROTEIN, FOCUS ON VITAMINS, MINERALS TO BOOST YOUR IMMUNITY

A balanced diet consisting mainly of home cooked and fresh food will help you build good gut bacteria and a strong defense mechanism.

Include spices and herbs, such as turmeric, garlic, ginger, onions in cooking for better digestion and a boost in immunity.

Eat for immunity

- Keep moving!**
- Get some sun**
- Maintain good skin health**
- Don't Forget to Drink Water**
- Avoid Stress Situations**

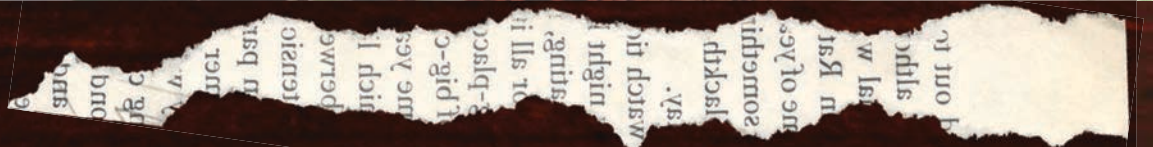


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WEEK - 3

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Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction,

BOOST YOUR MENTAL HEALTH

"YOU DON'T HAVE TO SEE THE WHOLE STAIRCASE, JUST TAKE THE FIRST STEP."

- Martin Luther King, Jr.



Take time to laugh

"What appear to be calamities are often the sources of fortune." - Disraeli



Try to find the silver lining in something kind of cruddy that happened recently.

Stay positive and have fun. Find an activity that you think is fun. You are more likely to keep with it if you choose something you like. A lot of people find it's more fun to exercise with someone else, so see if you can find a friend or family member to be active with you.

- Gardening for 30 to 45 minutes
- Walking 2 miles in 30 minutes
- Swimming laps for 20 minutes
- Bicycling 4 miles in 15 minutes
- Jumping rope for 15 minutes
- Running 1 1/2 miles in 15 minutes



- Stair climbing for 15 minutes
- Playing volleyball for 45 minutes
- Playing football for 30 to 45 minutes
- Walking 1 3/4 miles in 35 minutes
- Shooting baskets for 30 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast for 30 minutes
- Performing aerobics for 30 minutes
- Playing basketball for 20 minutes

Well Being

WEEK 4

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Superset exercises

Supersets are one of the oldest tricks in the book — because they work. By performing two exercises back-to-back, lifters can not only get a workout done in a shorter amount of time, but they can also bump up the amount of calories they burn. To maintain a high intensity and get the most out of pairing exercises back-to-back, alternate between upper and lower body movements. That way, one muscle group is always recovering while the other is working.



Time your rest periods

With so many distractions during workouts — including television, friends and cell phones — it can be hard to stay on task. Try a timer to start it during rest periods. Typically, to limit rest periods to 90 seconds or less, though times should be adjusted up or down depending on specific goals. Determine the appropriate rest time for you and stick to it. When the timer goes off, it's time to get back to work — no excuses!

A HEALTHY LIFESTYLE

In addition to exercise, making just a few other changes in your life can help keep you healthy, such as

- **Watch less TV or spend less time playing computer or video games. (Use this time to exercise instead!) Or exercise while watching TV (for example, sit on the floor and do sit-ups and stretches; use hand weights; or use a stationary bike, treadmill, or stair climber).**
- **Eat 3 healthy meals a day, including at least 4 servings of fruits, 5 servings of vegetables, and 4 servings of dairy products.**
- **Make sure you drink plenty of fluids before, during, and after any exercise (water is the best drink). This will help replace what you lose when you sweat.**

How to Boost your Immunity

Vitamin A: Yellow and orange fruits and vegetables (mango, papaya, carrot, sweet potato) that are good sources of Vitamin A.

Vitamin C: A dash of lime, which is a rich source of vitamin C in your salads and cooked vegetables will help in good absorption of nutrients especially iron. Other foods like oranges, lime, guava, berries, tomato, amla are excellent sources of vitamin C.

Vitamin D: Get sunshine or support with supplement on regular basis. There are very few foods rich in Vitamin D3 like mushrooms, egg yolk, fortified dairy, meat.

Zinc: Most of protein rich foods such as nuts, eggs, milk are good sources of zinc too. Make sure you include these foods to meet the requirements and boost your immunity.

PROJECT OF THE MONTH

We are happy to showcase a new initiative starting this February:

To get a perfect combination to enrich skills and tasks and boost your overall happiness!



This month we look forward to enhancing your Gardening skills in preparation for the launch of an upcoming initiative, Winchester WinGrows!

The Project of the month of February is detailed in the next slide. Depending on your interests you could take up any one of these levels:



Starters
Challengers
Experts



Choose your level of interest with the help of the guidelines in next slide and get started!

If you are a beginner, we would suggest you to go with the Starters activity as to get your focus on getting more plants into your garden as much as you enjoy for every stage of the process.

If you would like to be more creative, the Challengers activity would be ideal as you can repurpose items, let your creativity run wild by creating garden projects using supplies found at home, or any other reusable items.

If you are very passionate about Gardening and want to grow your own food supply, take up the Expert level. You will have a greater appreciation of the work that goes into growing your favorite fruits or vegetables or Herb Garden. This is also an opportunity to improve your cooking skills with the items you grow in your garden.



Please share your gardening activities with your Moral Education teacher, as photographs or short videos.

Gardening Project



Create your own garden. Here are some great ideas to get started:

Starters: Start by taking care of a small plant and continue to take care of it until it flourishes. If you enjoy it get more plants!

Challengers: Let your creativity run wild by challenging to create garden projects using supplies found at home. Gardens projects made with bottles and tin cans are just the beginning!

Experts: Create an Edible Garden. Look through a recipe book and grow some of the items needed to make that dish. By growing their own food supply you will have a greater appreciation of the work that goes into your favorite fruits, vegetables or herbs.



Kick-start your project with these interesting ideas ...

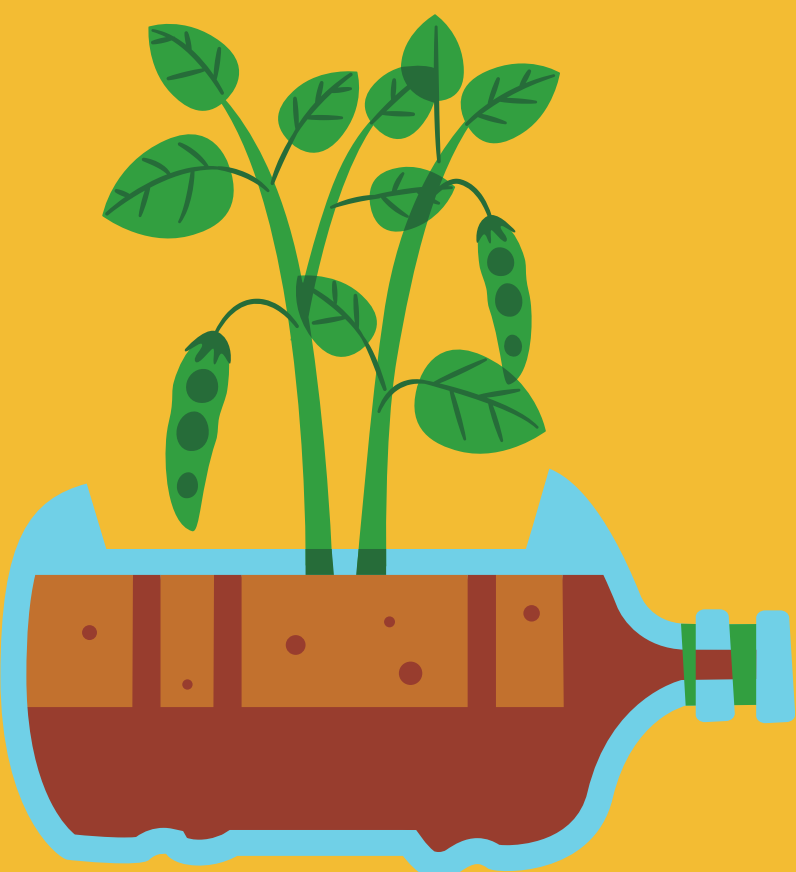


**Hanging Herb Garden. ...
Vertical Vegetable Garden. ...**



Flower Garden. ...

**Succulents Garden. ...
Self-watering Planter**



Our Instagram page: @fieldnotesofmentality

*A call to our readers to send us
your daily motivations & feedback*

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