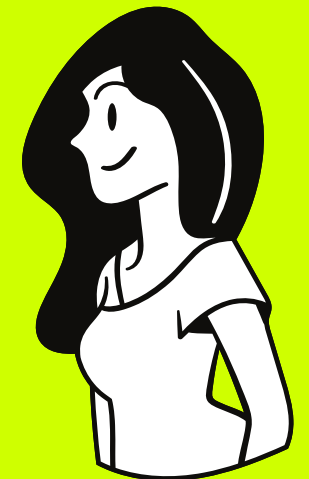
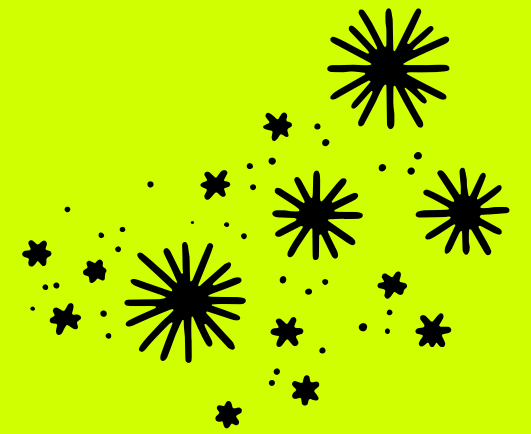
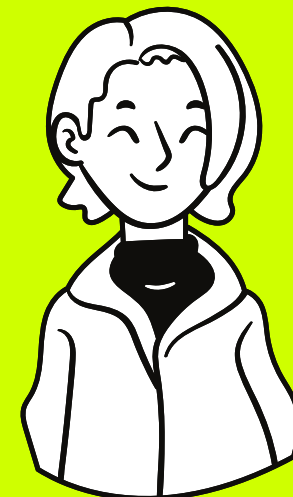
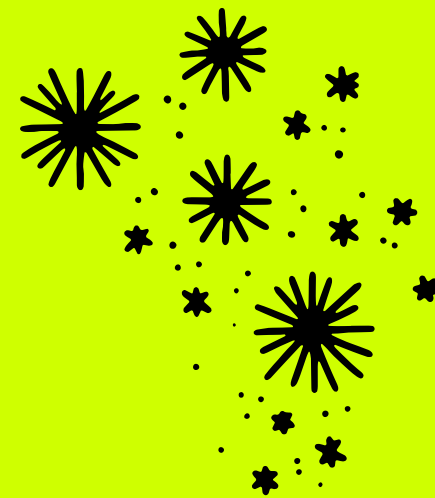


THE WINCHESTER



Well Being Calendar



RELEASE 03

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 2020'

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



WEEK - 1

Well Being

THE WINCHESTER SCHOOL

jebel ali

▶ Launched in 2017, the challenge is complete 30 minutes of activity each day for 30 days. Dubai Fitness Challenge helps create a fitness-focussed mindset and inspires us all to seek healthy, active lifestyles. With a month-long calendar of free workouts, exciting fitness events and wellness-centric entertainment, you'll find plenty of inspiration to keep moving.

Registration Link ▶ <https://www.dubaifitnesschallenge.com/register/>

SET YOUR GOALS | PUT ON YOUR SNEAKERS | TIGHTEN YOUR SHOELACES

DUBAI FITNESS CHALLENGE

30 MINUTES. 30 DAYS.

TAKE THE CHALLENGE

30 OCT – 28 NOV 2020

WHAT IS

#DUBAI30X30?



WEEK#1

▶ <https://www.dubaifitnesschallenge.com/about-us/>

#Dubai30x30



dubaifitnesschallenge.com



dubaifitnesschallenge



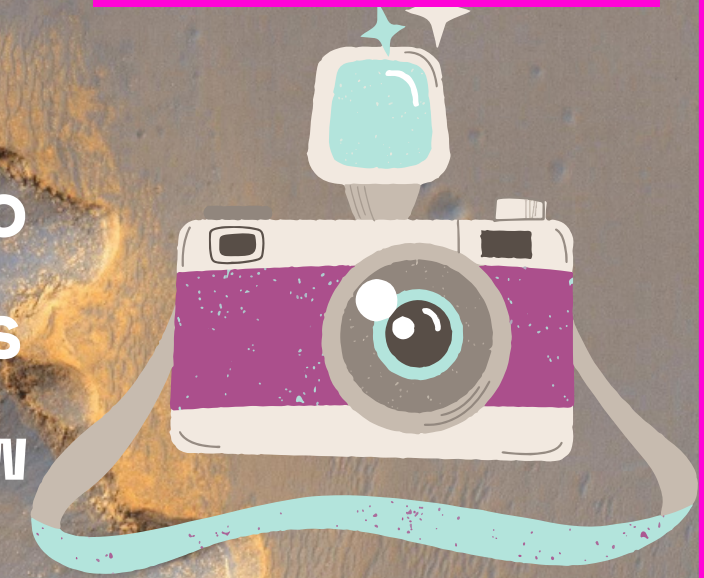
dxbfitchallenge



DIY IDEAS TO BEAT STRESS

WEEK #1

"Do It Yourself" - Need a break from exam revision to exercise your creative side? Making things yourself defines your personal style : Improves Your Mood, Teaches You a New Skill, Allows You to be More Active.



For DIY motivations check out these links:

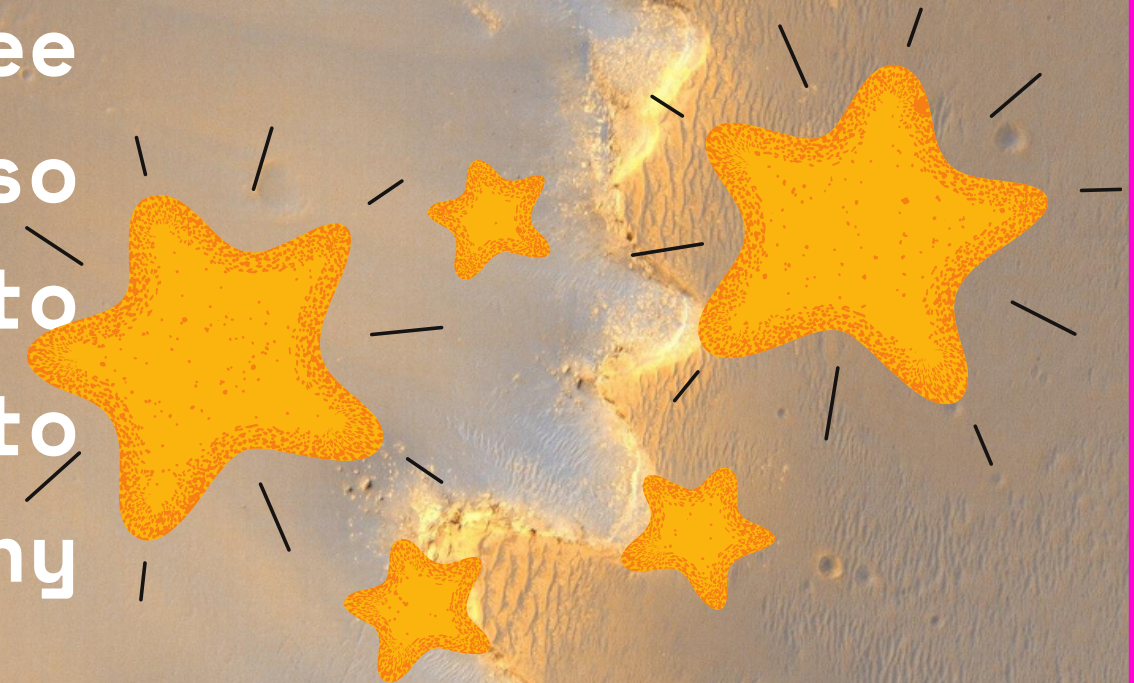


- <https://www.youtube.com/watch?v=mlQd9FqzM1A>
- <https://www.youtube.com/watch?v=449amABWoAo>
- <https://www.youtube.com/watch?v=qYISDTBO1Xo>
- https://www.youtube.com/watch?v=jPmpJm_GCo4



STARGAZE

Get to Know the Night Sky. There is plenty to see that doesn't require the use of a telescope, so people that are new to stargazing don't need to buy one to enjoy what that the night sky has to offer. The simplest way is to use one of the many astronomy apps on your smartphone or tablet.





WEEK 2

Well Being

THE WINCHESTER SCHOOL

jebel ali

WEEK#2


SHOW US YOUR 30#DUBAI30X30



GET ACTIVE



Create your own challenges and submit them to enter your name in #DFCHallOfFame #Dubai30x30

Take small steps to achieve great things #DubaiFitnessChallenge. Get Active combining virtual and physical events, packed with wellbeing, sport and fitness fun - with social distancing and safety measures in place  <https://www.dubaifitnesschallenge.com/whats-on/>



SHARE WITH US YOUR CHALLENGES, GET YOUR FRIENDS INVOLVED TOO. POST PICTURES OF YOUR FITNESS ACTIVITIES ON OUR INSTAGRAM PAGE: @FIELDNOTESOFMENTALITY

▶ **DECLUTTER YOUR LIVING SPACE**

WEEK#2



Learning how to declutter your home & as a result, decluttering your life doesn't need to be tough. Fear not, though. With a checklist in hand and 10-30 minutes, you can easily declutter your living room to remove things you no longer use, need, or love, and reclaim your living room as a place to relax away from work!

▶ **AUDIO STORIES**

After studying for long hours and continuously straining the eyes, listening to a story can help relax. Furthermore, audio stories or shows are known to reduce hyperactivity and improve the sleep pattern.



WEEK 3

Well Being

THE WINCHESTER SCHOOL

jebel ali

▶ Dubai Fitness Challenge has so many options for exciting activities! The Find Your 30 online portal enables you to learn about fitness and follow virtual workouts from the comfort of your home. So, whether you run, ride, stretch or lift, you'll find plenty of activities in convenient locations ▶ <https://www.dubaifitnesschallenge.com/find-your-30/>



Whether you want to lose weight, tone up, gain muscle or improve strength and endurance levels.. Regardless of if you're a beginner, intermediate, or workout-fanatic, there's an activity to fit your abilities!

Feel free to share with us .. Who you met & your Inspiration for participating in these activities: winchwellbeingpost@gmail.com
Post pictures on our Instagram page: [@fieldnotesofmentality](https://www.instagram.com/fieldnotesofmentality)



TRY GUIDED IMAGERY

WEEK#3

Guided imagery is like taking a short vacation in your mind. It can involve imaging yourself being in your "happy place"—maybe picturing yourself sitting on a beach, listening to the waves, smelling the ocean, and feeling the warm sand underneath you.

How Imagery Can Be Used for Anxiety: A student with performance anxiety could visualize giving a presentation without anxiety.



PLAY BOARD GAMES

**GOOD
JOB**



Use any board games you have on hand, such as Monopoly or Chess. Playing board games brings people closer, strengthens relationships, can help you meet new people, increases brain function, is great for reducing stress and makes for laughter



WEEK 4

Well Being

THE WINCHESTER SCHOOL

jebel ali

WEEK#4



- Have you achieved your goals?
- What is the best thing about your fitness journey this month?
- Have you tried different routines to get healthy?



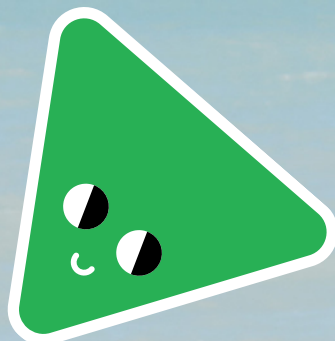
Write to us about your Participation:

winchwellbeingpost@gmail.com

Share with us your fitness

journey on our Instagram page:

[@fieldnotesofmentality](https://www.instagram.com/fieldnotesofmentality)



**YOUR
FITNESS
JOURNEY**



▶ ENJOY AROMATHERAPY WEEK#4

Our mood directly affect our learning ability and motivation. So using certain smells can help you study more efficiently by getting you in the right mood.. So whether you enjoy candles, diffusers, or body products, consider incorporating some aromatherapy into your day – it can help you to be more present in the moment.

▶ MINDFUL BREATHING MEDITATION

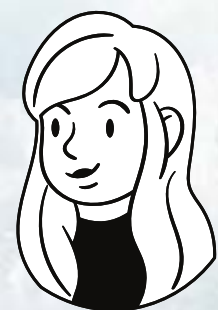


Improve Your Study Performance with Paced Breathing. A key part of mindfulness meditation is the breath. This involves becoming aware of your breath and focusing on it. By practicing this, we can calm both our minds and bodies.

Here's a link to a 5 minutes Mindful Breathing Meditation:

▶ <https://www.youtube.com/watch?v=nmFUDkj1Aq0>

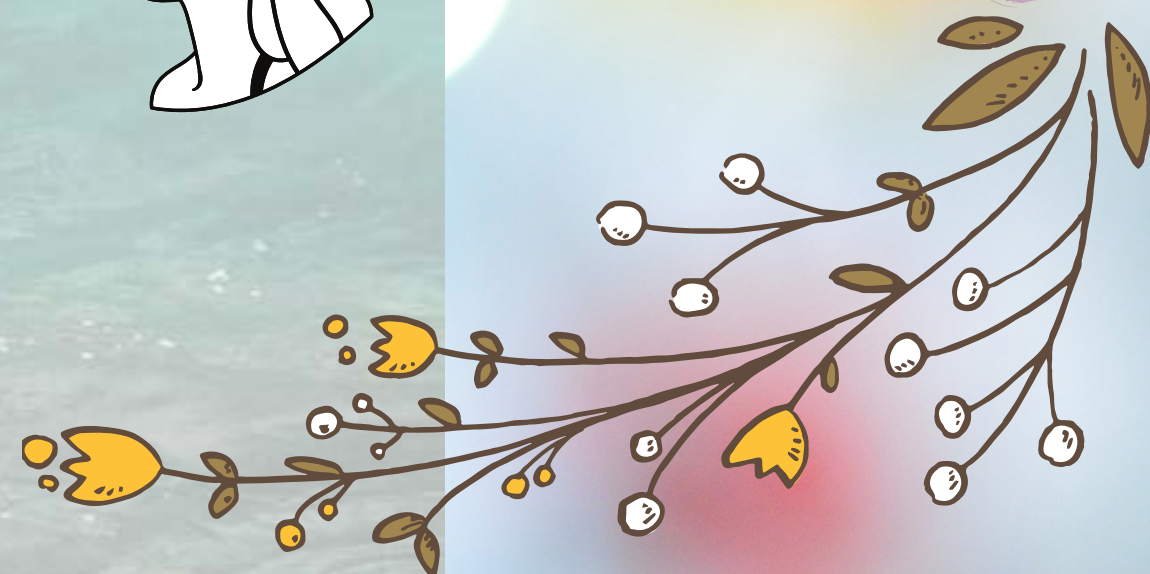
THERE ISN'T ONE GIANT STEP
THAT DOES IT



*it's a lot of
little steps*



*thank
you*



A call to our readers to send us a few lines that inspire you in your daily life to be an optimist and keep moving forward

GET MOTIVATED

Email us on:

winchwellbeingpost@gmail.com

