



WORLD HEALTH DAY

(tthread)



What is World Health Day?



This annual celebration aims to create awareness around a specific health theme that is a priority area of concern for the World Health Organization.



Over the past 50 years, this has brought to light important health issues such as mental health, maternal and child care, and climate change. The celebration is marked by activities that extend beyond the day itself and serve as an opportunity to focus worldwide attention on these important aspects of global health.



World Health Day 2021



This year's theme is: *Building a fairer, healthier world for everyone*, and focuses on health inequalities and inequities around the world.

COVID has had a huge impact, pushing more people into poverty and food insecurity, while amplifying gender, social and health inequities.

To find out more about this campaign, visit the World Health Day webpage on the World Health Organisation's (WHO) website.



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Health is both physical and mental



This is a friendly ‘il reminder that health is both physical and mental. The two are linked and what you do for one will often have an impact on the other.

Working on our physical health isn’t just about us looking better, but about feeling better too. And there are plenty of studies to show that working on our mental health acts as a preventative measure for many physical issues and illnesses.



When hearing the word “health”, it’s very easy to think only about our bodies, so we want to send out a reminder that health is both physical and mental.



Things you can do to support your health



This last year, our nervous systems have been constantly challenged as we naturally seek safety and comfort and joy with others but have been denied that or made to try to find it through a screen.

Like all mammals, we were not born to be isolated or restrained, so finding ways to connect and express ourselves is more important than ever.

So we asked our Head Coaches for some tips on what you can do to support your health, particularly after the last year.



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Connecting with others:



- Make a 'map' of the relationships in your life. Take a piece of paper and write your name in the middle then write the names (or represent, e.g. with a drawing or post-it) people in your life. Start with those close to you and then in wider circles include others who you may have not connected with for some time
- Who in your close circle might you want to spend time with today? Or soon? Is there anyone you haven't connected with in a while who you feel drawn to make contact with?
- Use apps and virtual platforms to help you find a fun way of spending time with these people Extra tip: if you are willing, try telling someone that you wanted to connect with them when you make contact with them, it may increase your sense of connection



Moving your body:



- Finding an activity that you feel motivated to do regularly is most important. If this means combining fitness with connection with others, e.g. dancing, then all the better!
- Remember that exercise is a stress (a good stress!) on your body, so when you increase your movement, you also need to increase your recovery by making sure you sleep enough, eat well, and drink plenty of water
- If fitness specific goals are not a priority for you right now, you may want to exchange high-intensity activities such as extended running or HIIT which have been found to raise stress-hormone (cortisol) levels with other activities such as swimming or walking



Learn a new skill:



- Learning new things, even when it is in our personal lives, can bring up old feelings of being young/being at school
- If there is something you want to learn how to do but have been finding it difficult to get going or stick with it, you might spend time thinking about what messages did you get about learning that you still carry with you? (e.g. that it has to be boring, that you aren't 'good' at it, that learning things isn't meant for you) Ask yourself if these beliefs are still true
- Learning new things needs to be fun and challenging in the right balance, so once you know what you want to learn, take time to find a place (school, course, youtube channel) where you feel you will learn well from whoever is teaching
- Many people find it easier to learn when supported by others, so consider classes or support groups for your new hobby or skill



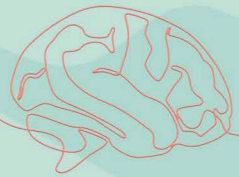
Give to Others:



- This one can feel hard when many of us spend so much time feeling like we ‘give’ at work
- To really let yourself volunteer and give freely to others, it can be helpful to do something that is unrelated to your work but still feels meaningful to you
- You can ask yourself, what cause or group of people would I really like to help? Is there a cause or issue that has impacted me personally? Being connected with others and a bigger purpose through volunteering can bring strong feelings of gratitude and wellbeing
- It is important to let yourself give what you feel able to give. Allow yourself to know that what you have given is ok, whether that is volunteering for a cause or showing gratitude to a single person in your life



Pay attention to the present moment:



- There are many ways to do this. From journaling about the present moment, to mindfulness apps, even to painting and drawing your experience of the present moment
- There is no 'right way' to be present, so give yourself permission to experiment until you find a way to connect with the here-and-now moment that opens it up for you

Resources

Here's a compiled list of resources from our Head Coaches if further support with your mental health is needed.

- The NHS tips to mental wellbeing is an excellent resource to help you think about the different ways you can support yourself

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>