

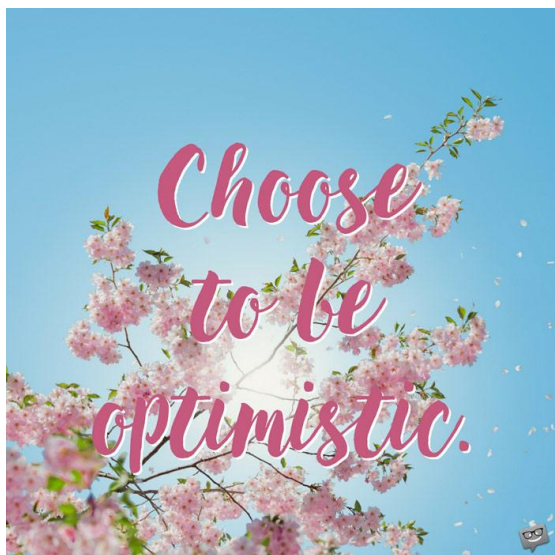
WELL-BEING

Happy new year Potters Trotters! I hope that everyone is well and had a very lovely Christmas.

We all know that running is great for our well-being, that's definitely something that we all have in common, but the phrase 'well-being' overall can mean different things for different people. We hope that this newsletter will bring a little bit of joy and a smile.

Pause, sit down with a brew and have a look at some of these well-being suggestions. You may even discover a talent or interest that you never knew that you had, in addition to running of course. Happy reading!

Charl  XX



Why is our Well-being SO Important?

- Doing things that we enjoy and balancing these with work actually make us more productive in the workplace and generally, day-to-day.
- By taking care of our well-being we become less stressed, this then leads to better sleep patterns, which is so important for our brain development.
- When we talk about TRUE well-being and put into practice the things that make sure we have balance, our physical AND mental health benefit.



Some Helpful Well-Being Ideas ...

1. **Write lists** – *Writing things down and then ticking them off a list can bring a sense of achievement. Perhaps this could be running goals, new races to try, a new distance to tackle or maybe a new Parkrun location. Whatever your goals, list them and then tick them off!*
2. **Read ... anything!** – *This can really help us to relax and unwind. Whether it's fiction or non-fiction. Perhaps we could start a 'Running Reads Book Swap'?*
3. **Listen to a new podcast**
4. **Focus on Mindfulness** – *This can be through meditation, yoga, colouring, writing etc. Whatever helps you to 'switch off'.*
5. **Listen to new music artists or discover a new genre of music!**
6. **Restrict screen time** – *Scrolling through social media can become a habit and one that we're not always aware that we're doing! Ensure that you are truly PRESENT in January by limiting social media usage and phone / tablet. general screen time overall. It will help with sleep and overall well-being.*
7. **Say 'no' to diets, but 'yes' to trying new things** – *The Pasta Queen on YouTube is brilliant! Why not try something new, cook something new and share?*
8. **Create a wall gallery and hang up your running pictures and medals.**
9. **Take part in a FILM marathon or new TV series**
10. **Exercise alongside running** – *Strength building, yoga, pilates are all excellent at complementing running.*



I saw this on Instagram and thought it sums up
January aims and goals beautifully!



Book Corner

Eleanor Oliphant is Completely Fine – Gail Honeyman

One of my favourites! 🥰

Meet Eleanor Oliphant: she struggles with appropriate social skills and tends to say exactly what she's thinking. Nothing is missing in her carefully timetabled life of avoiding unnecessary human contact, where weekends are punctuated by frozen pizza, vodka, and phone chats with Mummy...

But everything changes when Eleanor meets Raymond, the bumbling and deeply unhygienic IT guy from her office. When she and Raymond together save Sammy, an elderly gentleman who has fallen, the three rescue one another from the lives of isolation that they had been living. Ultimately, it is Raymond's big heart that will help Eleanor find the way to repair her own profoundly damaged one. If she does, she'll learn that she, too, is capable of finding friendship—and even love—after all.



January Recipes

<https://www.bbcgoodfood.com/recipes/collection/january-recipes>

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Ingredient, dish, keyword...

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Home > Recipes > Collection > January recipes



January recipes

35 items

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Make the most of fresh seasonal ingredients with our favourite recipes for January. Try a warming cauliflower soup, a parsnip curry or a winter salad





Chickpea & roasted parsnip curry

★★★★☆ 30 ratings

Parsnips work so well in this wintry vegan curry, adding flavour and texture. Serve with naans to soak up the lovely sauce

WAITROSE
& PARTNERS

The Well-Being Wordsearch

Hidden below are 15 words all linked to well-being:

W T J R N B T L F P K S T B L
K I H P O M U S I C S X A E A
U Y S C I G Y C P E V L I S U
K M L T T H S C N A A J D R G
I R E Q A P B L B N J N F W H
E W E K T J U R C M E H E V T
J S P A I F C E J I U R Y F E
N S G T D E X E R C I S E F R
A R T N E I V F Y Q S K F S S
P G I A M V N F L I X D L K T
X M O T E I D G I Q B B T D Q
I R M Y K R H Z M I Q I F Y E
I P E I C R T Y A X U Z Y H F
S R O O D T U O F T D K H F F
R E O M I U F H O Y O U R A P



Balance
Diet
Exercise
Family
Friends
Laughter
Meditation
Mindfulness
Music
Outdoors
Reading
Rest
Sleep
Treats
Yoga



A Little Poem ...

Reflect

Pause a little,
Relax for a minute or two.
Close your eyes, maybe meditate
And make some time for YOU.

Be thankful for the little things,
As these add up you know.
Just enjoy what makes you smile,
Give yourself time to grow.

Nourish your soul,
Slow down the pace.
Don't rush through life,
It's not a race.

Look into the mirror at what reflects,
Be happy that you're YOU!
Smile, be positive, stand up tall,
Be thankful for each day that's new!

