



## NEWSLETTER

### Joyful



Joyful June is here! This month is a great reminder to focus on cultivating happiness and wellbeing in our lives. Even when things are tough, there are ways to find pockets of positivity. Here are a few tips to get you started, but be sure to drop into our sessions as each session embeds the following to explore further:

Take '**Pride**' in your accomplishments, big or small, can boost your self-esteem and contribute to positive mental health.

**Connect with Others:** Spend time with loved ones, join a club, or volunteer in your community as 'Team Work Makes the Dream Work' provides us with a sense of belonging, social identity and emotional security. These networks offer us a place to share experiences, emotions and frustrations, we can also receive feedback, advice and empathy, helping us feel less alone.

**Self-Compassion** is a fundamental aspect of our emotional wellbeing and personal growth. It involves treating ourselves with kindness, acceptance and understanding, especially during times of difficulty or self perceived flaws.

**Inspiration** plays a crucial role in improving mental health by awakening individuals to new possibilities, transcending limitations and propelling them from apathy to possibility. Inspiration is a driving force towards helping us achieve the goals we want in life.

## What's On

### Men, Take a Break and Cast Away Your Worries!

Looking for a way to de-stress and connect with other guys? Our weekly men's fishing program is the perfect escape!

Join us for:

- Relaxation and reflection on the water. Fishing is a great way to unwind and forget about your troubles for a while.
- Camaraderie and support from a group of understanding men.
- Share your experiences and build new friendships.
- The beauty of nature.

Spending time outdoors has been shown to improve mental wellbeing.

# MEN'd

*Supporting mens mental health*

## Reel in Mental Wellness

Join us for an afternoon of fishing every Tuesday as we provide a open space for men to talk while enjoying nature.



Tuesdays  
3-5pm



Northlands Park,  
Pitsea (Meet at Cafe)



Open to all boys and men



Completely Free



All Equipment available



No need to book



Learn to fish



Relax and enjoy the surroundings



**June 24**  
**Personal Challenge**

Joyful June brings us the opportunity to walk along the coastline and take in the beautiful Leigh-On-Sea, Chalkwell, Westcliff, and Southend.

Sun 30th June 2024

For more information and, or to register please email [active@motivated-minds.co.uk](mailto:active@motivated-minds.co.uk)

**Coastal Walk**

**MOTIVATED MINDS**  
Lifelong wellbeing provider

### Coastal Walk: Personal Challenge

Explore the charming seaside towns of Leigh-on-Sea, Chalkwell, Westcliffe and Southend Pier with our Personal Challenge: Coastal Walk on Sunday 30 June 2024. Meeting at 10am @ Leigh Station. We will walk the coastal pathway at a gentle pace so all ages / abilities can enjoy, stopping for a cuppa along the way.

**For more info on these, or our other services please call / text  
07846 209 846**

**[www.motivated-minds.co.uk](http://www.motivated-minds.co.uk)  
[admin@motivated-minds.co.uk](mailto:admin@motivated-minds.co.uk) / 01268 520 785**