



Week 2 – Monday 6th April 2020

I Can Connect is brought to you by Valley Leisure Ltd.'s I Can Therapy Centre team and aims to empower and enable you to keep moving, mobile and mentally well during times of self-isolation and social distancing.

Each week we are going to share ideas with you to support you during these challenging times.

There are additional resources on our website, and you can connect with us to share your photos on our social media channels if you have access to the internet.

www.facebook.com/icantherapy/

www.instagram.com/icantherapy/

www.twitter.com/ican_therapy/

https://www.youtube.com/channel/UCGtNqql4N0u2wrZsY_Rgw4Q

Mental Wellness – *Feed your soul...*

We know that what we eat affects our physical health, but it impacts our moods too.

Missing meals can cause low blood sugar and make us feel sad, while dehydration can make us irritable.



Eat a varied diet to get a mix of nutrients. Where possible, choose more wholegrain cereals, nuts, beans, fruit and vegetables. Avoiding sugary foods helps too - they give us a quick high, but the burst of energy soon disappears, leaving us feeling tired and low.

Feed your soul... we're keeping our mood lifted with heart-warming, healthy meals, like Jayne's butternut squash, apple and cumin soup!

What are you eating?

To find out more visit the British Heart Foundation or Mind.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/>

<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating>

Mindfulness – Smile...

Each week Sue Ford is sharing a Mindfulness task for you to consider and practice.

This week... **Smile...**



Smile... smile today, smile at yourself, at the world, at others, at us... share your smiles with us online.

Sue Ford is a Clinical Hypnotherapist and NLP Practitioner who is passionate about Mindfulness. We're looking forward to working with Sue once the I Can Therapy Centre team reopens.

Movement – Dr Sam introduces you to Escape Pain...

Dr Sam from I Can Therapy Centre, Andover introduces you to Escape Pain – Enabling Self-management and Coping with Arthritic Pain this week, an evidence-based exercise programme for those with osteoarthritic hip and knee pain.

<https://www.youtube.com/watch?v=P8iC9EIAa1c>

A series of functional and low-level exercises designed to strengthen knees and hips to help relieve arthritic pain and stiffness.

We'll be launching a new course when we re-open!
For more information visit www.escape-pain.org.



Brain teaser



Answer to last week... Memories...

Trish Smith works at the I Can Therapy Centre on Tuesday evenings, each week she's going to share a brain teaser with you to keep your grey matter ticking over!

This week...

One of the four words below does not belong with the other three.

Which word does not belong? What is it that the others have in common?

1) Green, yellow, red, blue

2) April, December, November, June

Mobility – modified Tai Chi with Dr Sam...

Dr Sam is encouraging us all to mobilise, relax and connect through the body using simplified movements based on tai chi principles.



<https://www.youtube.com/watch?v=fq5kdFlqvsc>

For more information visit <https://www.nhs.uk/live-well/exercise/guide-to-tai-chi/>

www.icantherapycentre.co.uk

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