



Helen Henry

Outdoor Life Coach

MARCH 2021 NEWSLETTER

2021

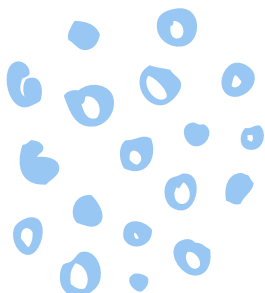
Re-energise Challenge

As parents a lot of us have been working from home whilst trying to home school and it has been really hard. We have had to look at what the school has set, print it out sometimes, get the kids sat down and engaged, whilst on a call, planning and preparing for a meeting with deadlines that just can't be missed!

Yes it has been stressful at times and so that is why I ran a Re-energise challenge for the parents to stop, take a deep breath and ensure that they didn't just throw themselves into work to try and catch up without a care for their own wellbeing.

Each day there would be a new challenge and at the end of the 5 days everything that I had given you was just 1 hour in total. You did not need any longer unless you chose to, which is great. So on average we spend 14 hours awake...is it too much to ask just 1 hour of self care for you??!

We had some lovely photos and a great realisation of what works for you in your day. Thank you to all those who took part, we had a lot of fun!



5 TOP TIPS

To Re-energise:

- #1 Find 5 minutes to spend outside just for you
- #2 Savour the flavour of your food or drink
- #3 Go for a walk on your commute home
- #4 Have some down time for you in the evening
- #5 Chat to your friends, don't just message

CELEBRATE

The big things and the little things

I am in the local paper!! So excited that our Banish the Blues Challenge got recognised and published. Here is the link to the publication. <https://www.lutontoday.co.uk/health/toddington-mum-has-been-helping-families-banish-the-blues-during-lockdown-3177133>. Shame they had a typo with the top tips and wrote if you have time to scroll you have time to scroll!!! Eek it is Stroll, but you know that at least!!



I would love to connect with you more: Send me a connection request on LinkedIn to see my behind-the-scenes thoughts. "Like" HRH.Lifecoach on Facebook to get my latest tips and strategies. Follow me on Instagram to see my latest inspiration.

Find out more at www.hrhlifecoach.co.uk



What to look out for next:

A Free 5 day Outdoors Challenge for families over Easter. From the 2nd to the 6th can you get outdoors for 5 hours in 5 days? If that seems too easy for you how about a bit of a competition and see how many hours in total can you do outside, with your family in 5 days? There will be prizes for the family who can do the most...I can't wait to see more happy, smiling families. Here is the link if you would like to join directly <https://sendfox.com/lp/197gcp>