

Self-care

This month's newsletter is all about self-care. Self-care can take many forms, but as the name implies, it is all about looking after yourself.

What you do for self-care can be very personal, but the general areas you should consider are:

Emotional wellbeing (See laughter therapy box below), Physical wellbeing, Social and Spiritual wellbeing. The 5-ways to wellbeing are always a good place to start.



Laughter therapy

When you laugh in a stressful situation your mind releases endorphin and inhibits your stress thinking you are happy. Taking advantage of this phenomenon Laughter Therapy exercises are designed to free you from stress and promote your well-being.

It can be as simple as making a deliberate effort to laugh out loud. Follow these simple steps –

Spread the arms up, pointed to the sky, with head tilted a little back or with chin raised; laugh heartily. Direct your laughter to come straight from your heart.



Self-care wheel

If you're stuck for self-care inspiration, why not leave it to chance and spin the self-care wheel on [Self-Care Wheel - Random wheel \(wordwall.net\)](http://Self-Care Wheel - Random wheel (wordwall.net))



Financial Support

A great self-care activity is to take action to ensure your finances are in as good a shape as they can be. One of the great facilities that exists today are price comparison websites that help you identify the best financial deals for your utility bills, insurance, and credit cards.

You may have seen adverts on the TV for Compare the market or Go Compare. You use these sites when your current contract is coming to end to search for a new, hopefully better deal. This is a great way to save money as most companies entice you with an initial deal, but then reduce their costs each subsequent year, so switching supplier can keep costs down.

A new service that over half a million people in the UK are now using is www.lookaftermybills.com. With this free service you only need to sign up once and they will get you set-up on the best possible deal and once that deal comes to an end, automatically find you a new 'best deal'. This means you don't have to worry about remembering to switch suppliers.

Whether you avail of one of these services, or manage it yourself, knowing your finances are in order is a great piece of self-care.



Art Quiz

1. Who painted The Scream in 1893?
2. The 1930 Grant Wood painting 'American Gothic' depicts a woman and a man holding what?
3. Name the artist that painted The Creation of Adam – the painting found on the Sistine Chapel's ceiling.
4. Where is the Mona Lisa displayed?
5. Rene Magritte's 'The Son of Man' depicts a man in a suit and bowler hat. Which fruit is covering his face?
6. Which brand of soup features in Andy Warhol's soup can series?
7. A bronze bust of a Portuguese footballer was mocked online after its reveal in 2017 – who was the statue meant to resemble?
8. What was the name of Banksy's 2015 pop-up exhibition in Weston-super-Mare?
9. Which Charlie's Angel star is also an artist, whose paintings have been shown at the Lincoln Centre in New York?
10. Which British artist is known for an exhibit which featured a tiger shark preserved in formaldehyde?

Quiz Answers

1. Edvard Munch, 2. A pitchfork, 3. Michelangelo, 4. The Louvre Museum, France, 5. Apple, 6. Campbell, 7. Cristiano Ronaldo, 8. Dismaland, 9. Lucy Liu, 10. Damien Hirst

ART AS THERAPY

A great activity to undertake for self-care is any kind of artwork. Whether it's colouring in, copying your favourite cartoon or artwork, or tackling a still life or landscape, art can be a wonderfully mindful activity. It's an activity that can be carried out alone, or as part of a social group.

We have a number of Wellbeing Groups that are centred around art, based in Chalfont St Peter, Chesham and High Wycombe, as well as our weekly art group on Zoom. In addition, there are art groups run by Friends in Need as well as many available online.

Remember, you don't need to be Michelangelo to enjoy the pleasures of creating art!

Here are some amazing pieces that our service users have created recently.

