



## Going Up



Mark Wright launches home workouts aimed at teenagers.

The workouts will air every weekday at 8.45am on BBC Two but are also available on Bitesize online and BBC iPlayer.



Marcus Rashford responds to racist abuse on social media saying, "I'm a black man and I live every day proud that I am. So sorry if you were looking for a strong reaction, you're just simply not going to get it here."  
Well Done Marcus!!!



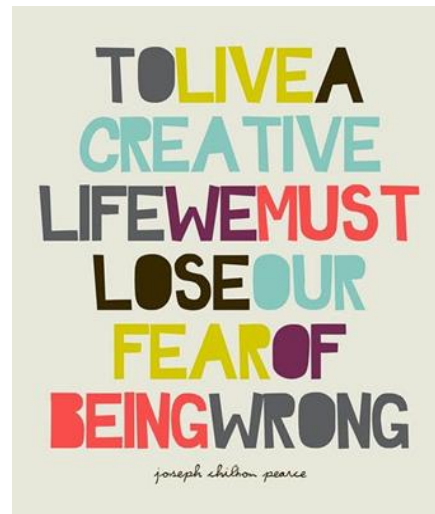
Flaming Lips stage unique 'space'

# Weekly Wellbeing

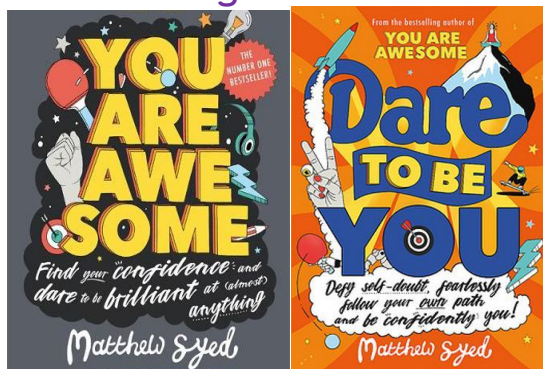
Your weekly dose of goodness to help keep you happy, healthy, and mentally well 😊

Happy Children's Mental Health Week 2021! From 1-7 February 2021 schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is Express Yourself.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. We hope you enjoy finding ways to express yourself this week and beyond. The Bucks Mind CYP Team 😊



### Have you read...?



By Matthew Syed

If you're the kind of person who thinks: I don't like standing out from the crowd ... I wish I could be more like the cool kids ... Then these books are for you, because there's no such thing as normal.

### February is LGBT+ History Month!

The theme this year is Body, Mind and Spirit. You can download resources, celebrate events, and find out more by visiting the following websites:

<https://lgbtplushistorymonth.co.uk/>

<https://www.stonewall.org.uk/>

<https://www.museumoflondon.org.uk/museum-london/whats-on/exhibitions/lgbt-history-month>

### What is Creative Wellbeing?

<https://youtu.be/Uak9tEFIKGU>

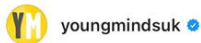




# 5 Lessons in Life from Dr. Seuss

1. Today you are You, that is truer than true. There is no one alive who is Youer than You.
2. 'Why fit in when you were born to stand out?'
3. You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.
4. Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.
5. Today I shall behave, as if this is the day I will be remembered.

facebook.com/GoodwillLibrarian



It's okay to feel how you're feeling right now. If you're feeling worried, sad, frustrated or anything else about being in another lockdown, they're all normal emotional responses to what's happening. Be gentle with yourself. Text YM to 85258 for free mental health support.



## Mental health and self-care for young people

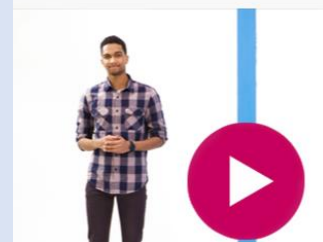
### Self-care and social media



Check out these videos and more for all sorts of tips on exercise, sleep and how to take care of yourself on social media. You will also find links to help for groups of people who may be finding things particularly tough, or have additional needs, and support with some of the issues you may be facing.

<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

### Dealing with change



This free personality test reveals who you *really* are. Discover the 16 personalities created by Myers & Briggs, test your personality type, and find your strengths - [The Personality Test - click here](#)

Do you have feedback on our resources?  
<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGI7yvfhBe1x5Bovqjvx7VzJUODIXRUIUEVRSkZTTkZNMDBQWj>

EVERY MIND MATTERS