



NEWSLETTER

19TH JULY 2024



House 1 are keeping super toasty this winter, they have had new heat pumps installed.



Ollie made a butter cake on Friday night, which everyone enjoyed. It disappeared very quickly.

Our depot team have been super busy. One project they are working on at the moment is a fence. The change it has made to the property is incredible. If you are wanting a new fence let us know and we can come out and give you a quote.



We are delighted to extend a warm welcome to Joanne Beckett, the newest member of the Greenways Trust team. Initially Jo will be working at OPO on day programme. Jo has already made a big impact at the day programme. We are thrilled to have her on board and look forward to the contributions she will make to our team.



Even though we are out of dry wood we are getting our stock up pile up for next season. The whopper chopper has been cranked up and working hard out.



What's on:

July: Wellness month

15th July: Wellness month Week 3.. Meditation 20th

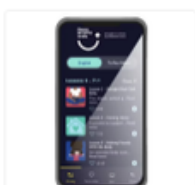
July: Special Olympics Prizegiving

22nd July: Wellness month Week 4.. Mindful Eating

27th July: Special Olympics Basket Ball Tournament

2nd August: Funday Friday - Trip to Ngawha Springs

22 October - Fiji Trip for House 3 and 4



Pause Breathe Smile App

Download the app for guided meditations and mindfulness practices.

MINDFULNESS MONTH: WEEK 3:



Why: When you learn to meditate you are training your mind to be more present. You sit, breathe, allow your attention to settle. It takes practice to learn how to calm a busy mind.

How: You will be guided this week with daily video and audio meditations.

Try the free 'Pause Breathe Smile app!' Download for guided meditations and mindfulness practices.



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Make this month a Mindfulness Month!

- 1 Try naming the emotions you feel today. Accept the feeling, breathe and allow it to pass
- 2 Thoughts are just thoughts, not facts. Try to get into the habit of noticing your thoughts as they arise.
- 3 Breathe in. Breathe out. Feel your body expand. Feel your body soften. Try again. How do you feel now?
- 4 Try to feel kindness towards yourself. Breathe in kindness for yourself. Think about the feeling of kindness. Imagine yourself happy. Smile.
- 5 Take regular breaks today instead of "pushing on". Breaks boost productivity and focus, improve mood, and decrease stress and anxiety.
- 6 Bring mindfulness into your day in little ways: enjoying a mindful cup of tea, taking a mindful walk, patting an animal. Anything can be done mindfully.
- 7 Reflect on your week: what was a good thing that happened?
- 8 When you feel upset or overwhelmed – Pause. Breathe. Drop anchor into your body.
- 9 Sit or lie down. Scan through your body. Notice the sensations you find.
- 10 Practice going for a mindful walk, noticing your feet, body and breath. Find joy or contentment in the walk.
- 11 Hā ki roto, hā ki waho – breathe in, breathe out.
- 12 Resist the urge to pull out your phone when you are alone or waiting for something. Instead, take the opportunity to focus on your breathing.
- 13 Get outside today for at least 10 minutes. Observe the world around you.
- 14 If you are on your phone, use the time wisely. Try a meditation on the Pause Breathe Smile app.
- 15 How did you go with your digital detox week? If you found this difficult, what was the most challenging part?
- 16 When you are ready for bed – try the Before Sleep track on the Pause Breathe Smile app.
- 17 Practicing kindness has psychological and physical benefits. Today, try the Kindness track.
- 18 Sit with a straight back & soft belly to influence the quality of your meditation – Try Straight Back, Soft Belly
- 19 Set a reminder in your phone and calendar to cue you to practice mindfulness regularly. Try Thoughts are Like Clouds practice today.
- 20 Only have a free 5 minutes today? Try Just Breathe on the app.
- 21 You've tried Straight Back, Soft Belly in English, now try in te reo Māori: Tuara Totika, on the app.
- 22 Ka poua tō haika, kia toka tū moana, means when you drop your anchor you become steadfast, like a rock in the crashing oceans. Try Dropping Anchor.
- 23 Today, try Air Outside, Air Inside, which helps us explore the interconnectedness of the air around us and moving through us.
- 24 Deep belly breaths help regulate our nervous system & signal the brain that it is time to relax.
- 25 Practice some mindful eating at one of your meals. Slow down and notice the texture, taste, sight and smells.
- 26 Be grateful for the food you eat today. Think about where the food was grown or who prepared the meal.
- 27 Take a piece of food. Notice any sound it makes. What colours is it? How does it smell? Think about the taste and texture and how you feel when you're eating it.
- 28 Avoid mindless eating today. Be purposeful when you eat. Find a seat. Focus on the food in front of you.
- 29 Can you feel gratitude toward your body for keeping you alive?
- 30 Challenge yourself to perform a random act of kindness for someone.
- 31 What has resonated with you most over mindfulness month?

Try these activities and more on the
new **Pause Breathe Smile app!**



Mindfulness Month brought to
you in collaboration with:

