



Week 6 of
Headstrong from
home

<https://youtu.be/r21vTGPL1HM>





I have observed
we are of two minds:
the fear-based mind;
and the hopeful mind.

The fear-based mind says:
“We can’t,” or
“We must not,” or
“It’s arrogant to lift our heads...”

I embrace hope over fear.

The hopeful mind says:
“We will,” and
“We can,” and
“We must,” and
“Let’s each forge ahead with courage
together all into the great unknown...”

give yourself
TIME & SPACE
to PROCESS all
of this in whatever
way feels **RIGHT**
for you.

@EMILYCOXHEAD

<https://youtu.be/yF7Ou43Vj6c>



HEALTHY SCHOOLS CHALLENGE:

We would still love to see your acts of resilience that you have been showing through lock down, so keep sharing.

Your challenge this week is to remember the 5 ways to well-being and pick at least one to focus on. Maybe you are going to give your time to help someone in your house, you could learn a new skill, you could do something to stay active, you could take time out to notice the changes in nature or remember to connect online with someone.



