



# Helen Henry

## Outdoor Life Coach

FEBRUARY 2021 NEWSLETTER

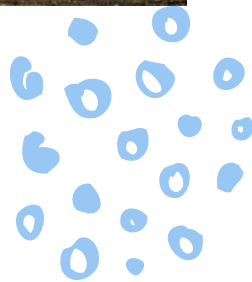
2021

### *Banish the Blues*

During half-term over 100 families all over the UK joined in with my 'Banish the Blues 5 Day Challenge', which was created to motivate people to get outdoors and uplift their mood during lockdown. Families were encouraged to have less screen time, even on their busy days with children and working from home, with fun activities, such as the popular evening walk. Participants shared experience and photos they had taken during their exercise, in the vibrant online community created in a Facebook group.

The free event involved daily challenges that were emailed the night before to everyone who signed up, each with a positive activity for exercise and fresh air, and also mental health - "This Challenge isn't just about getting outdoors, but acknowledging how you feel." Each day the time outdoors increased, with the final challenge of spending a few hours enjoying a place in nature.

Thank you to all those who took part, we had a lot of fun!



### 5 TOP TIPS

#### *To Banish the Blues:*

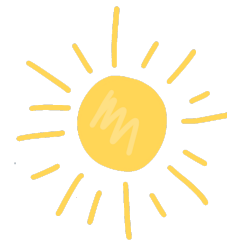
- #1 Ten minutes outside is better than none
- #2 If you've got time to scroll, you've got time to stroll
- #3 Being in nature helps you feel calm
- #4 Exercise to feel confident
- #5 Take a break outside to feel in control



## CELEBRATE

### *The big things and the little things*

I am half way through my Counselling level 2 skills course, which is absolutely amazing. I am loving learning so much about listening skills and how to better myself as a person and a Life Coach. The kids went back into school and that was a big achievement for us all as the kids didn't really want to go back and I was torn with should I homeschool or not. I knew how hard it had been trying to work and homeschool but I hated seeing them not really wanting to go in. They have since settled after a few traumatic mornings and I am glad they have coped and are happy in the school norm again.



I would love to connect with you more:  
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## ***What to look out for next:***

*A 5 day challenge just for the parents, once the children go back to school. It is to re-energise and re-set your mind, body and soul into your work, home, life balance. Homeschooling whilst working has been so hard you need to give yourself a moment and look after yourself before throwing yourself into work again. Keep an eye out on emails, the facebook group and my website.*