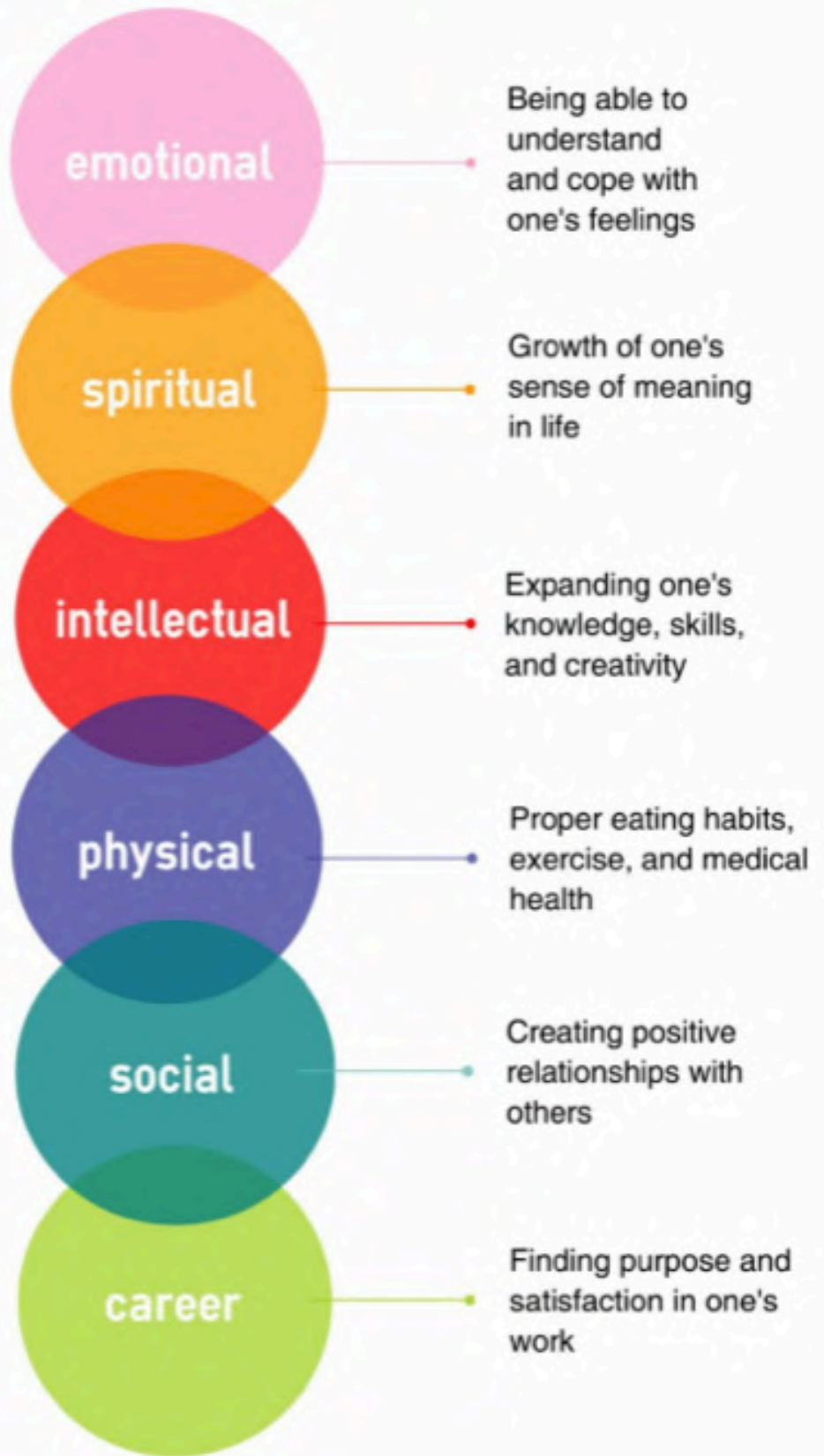
The background of the page is a photograph of a night sky. A vibrant green aurora borealis is visible as a horizontal band of light across the lower half of the image. The sky above is dark blue and black, filled with numerous small, bright stars. The overall mood is serene and natural.

Better Things
Autumn Almanac of Wellness



W E L L N E S S



50 Ways to Take a Break

Take a Bath



Listen to Music



Take a Nap



Go to a body of water



Watch the clouds



Light a candle



REST your legs up on a wall



Let out a sigh



Fly a Kite

Watch the stars



Write a Letter



Learn something **NEW**



Listen to a guided relaxation



Read a Book



sit in **NATURE**



2x

Move twice as slowly

Take Deep Belly Breaths



MEDITATE



Call a friend



Meander around Town

WRITE in a journal



Notice your Body



Buy some Flowers



Find a relaxing scent



Walk Outside



Go for a run



Take a bike ride



pet a furry creature

Create your own coffee break



View some **ART**

Eat a meal in **SILENCE**

Examine an everyday object with Fresh Eyes



Turn off all electronics



Go to a park



Forgive someone



read or watch something

FUNNY

COLOR with crayons



Make some **MUSIC**



Climb a Tree



Go to a Farmer's Market



Let go of something



Engage in small acts of **KINDNESS**

Do some gentle stretches



Print on a surface other than paper



Write a quick poem



Read poetry



Put on some music and **DANCE**



Give Thanks



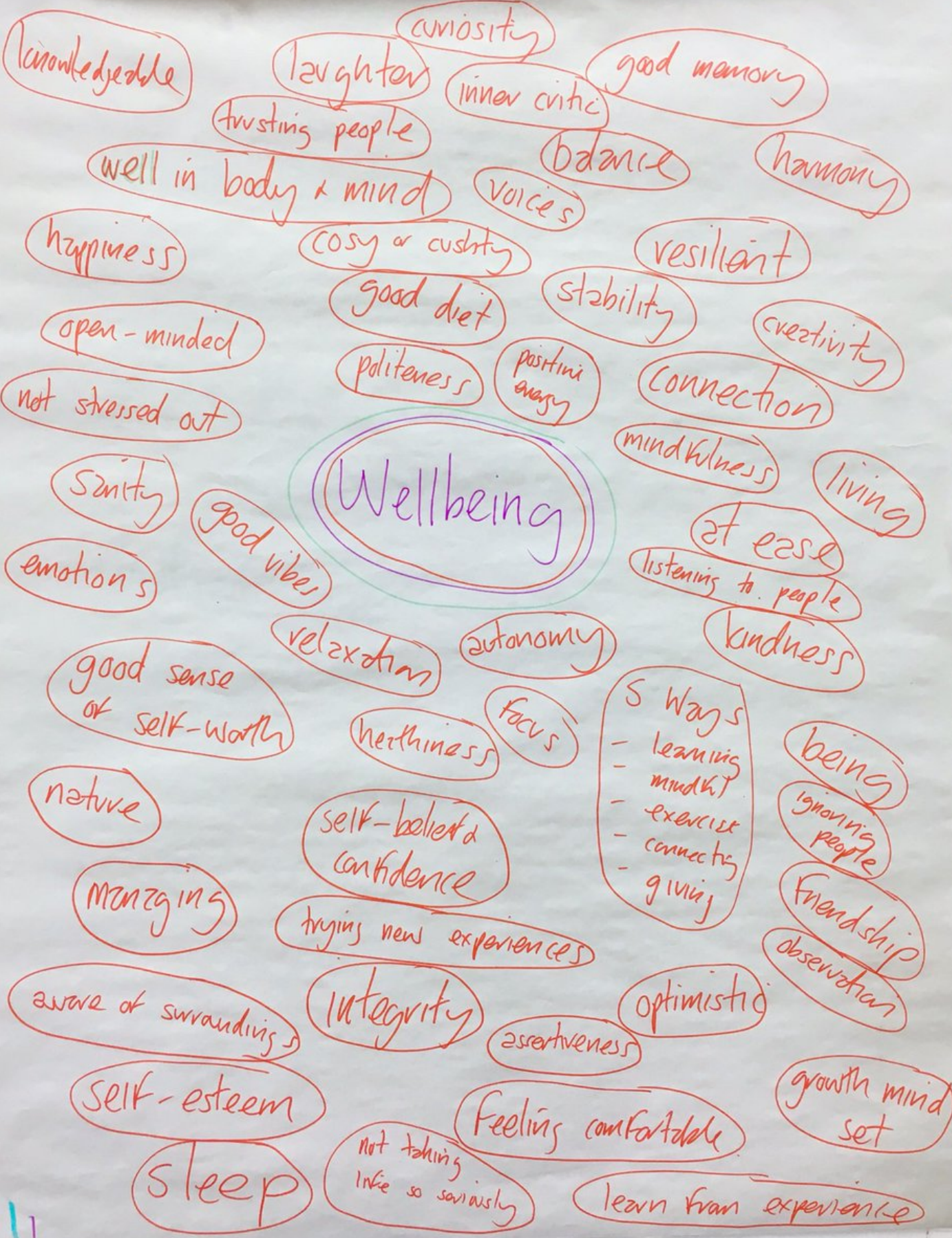
COPING TOOLS: What Helps Me

- Read A Book or Magazine 
- Hug or Climb a Tree 
- Journal or Write a Letter 
- Use Kind & Compassionate Self-Talk 
- Make a Collage or Scrapbook 
- Rest, Nap or Take a Break 
- Go on a Hike, Walk or Run 
- Take Good Care of the Earth 
- Drink Water 
- Play a Board Game 
- Do Something Kind 
- Make and Play with Slime 
- Discover Treasures in Nature 
- Take a Shower or Bath 
- Exercise 
- Drink a Warm Cup of Tea 
- Forgive, Let Go, Move On 
- Practice Yoga 
- Garden or Do Yardwork 
- Jump on a Trampoline 
- Cuddle or Play with Your Pet 
- Practice Gratitude 
- Do a Puzzle 
- Blow Bubbles 
- Smile and Laugh 
- Ride a Bike or Skateboard 
- Create Origami 
- Cook or Bake 
- Ask for Help 
- Talk to Someone You Trust 
- Weave, Knit or Crochet 
- Build Something 
- Get a Hug 
- Visualize a Peaceful Place 
- Stretch 
- Make Art 
- Use Positive Affirmations 
- Take Slow, Mindful Breaths 
- Clean, Declutter or Organize 
- Use Aromatherapy 
- Cry 
- Try or Learn Something New 
- Listen to Music 
- Use a Stress Ball or Other Fidget 
- Get Plenty of Sleep 
- Kick, Bounce or Throw a Ball 
- Take or Look at Photographs 
- Eat Healthy 
- Play Outside 
- Sing and/or Dance 



<p>breathe deep</p> 	<p>count to ten</p> 	<p>walk away</p> 
<p>take a break</p> 	<p>talk to an adult</p> 	<p>talk to a friend</p> 
<p>tell my feelings</p> 	<p>ask for help</p> 	<p>try to be brave</p> 
<p>read a book</p> 	<p>write</p> 	<p>draw</p> 

Wellbeing



I live with dementia... but... I still love nature...



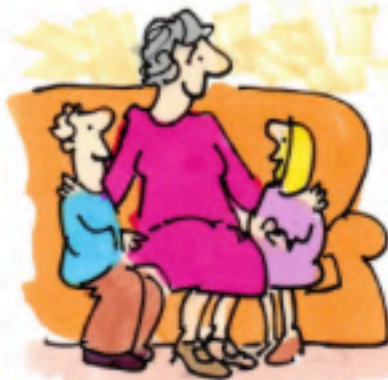
...my dog



.. my grandchildren..

.. my music..

.. my life..



...You see I'm still me..

...and though I may forget..

...I hope you won't



Forgetting

Lavender



Step 1: Taking Cuttings Cut a stem from your plant. Starting from the top, use a very sharp knife cut 4-6" long sections just below a leaf node. A leaf node is any place along the stem where the joints of leaves grow from. If the stem is long enough, you can create multiple cuttings from it.

Using scissors is not a good idea for this step. They pinch the stem as they cut and partially close the stem, making rooting difficult. Please also keep track of which end was the top end and which was the bottom. You need to plant the pieces into the soil in the same direction the plant was growing. If it's planted upside down, the cutting won't take.

Step 2: Trim the leaves



Using that same knife trim all but the top bunch of leaves from the stem. You need a few leaves to feed the plant but too many forces the plant to direct energy and food to the leaves. You want them to focus on the business of putting down roots.

Free-draining soil and terracotta pots are ideal for propagation

Step 3: Prepare the pot and compost



Fill a pot with free-draining compost such as two parts ordinary compost mixed with one part [perlite](#) or grit. If you use ordinary compost with no added drainage material then it can tend to be too wet for the cuttings to thrive. They need moisture, but they prefer to have it drain away quickly too.

Terracotta pots are a bit better than plastic pots since terracotta can breathe, whereas air and water can't pass through plastic. This breathe-ability creates better conditions for rooting and can also reduce the chance of fungal attacks. And if you're able to soak the terracotta pots in water overnight, all the better. Plastic bags act like mini-greenhouses

Step 4: Planting

Though some people don't use it, I like to use a substance to help stimulate the cutting to grow roots. Dip the bottom 3/4 inch (2 cm) of the stem into [rooting hormone](#) and then plant the cutting in compost. Use a pencil or small dibber to make a hole in the compost just at the edge of the pot. Bury the cutting all the way to the leaves, and space the next one at least a half-inch away. Firm the compost around the cuttings.

Once your pot is filled, give it a good but gentle watering and place a plastic bag on top. A clear drinks bottle with the bottom cut off will work too. This serves as a mini-greenhouse and helps keep the compost and cuttings warm and from drying out. If you plan on propagating a lot of cuttings, you might want to invest in a [plant propagator](#).

Step 5: Rooting



Place your pots in a warm place with diffused or partial sunlight. If it's too hot or the light too direct your cuttings can wilt and suffer. Rooting will take place within the next month to eight weeks. Keep the compost moist and after a couple of weeks begin checking the drainage hole for signs of roots. If any of the cuttings wither or turn brown during this time, gently pull them out and dispose of them.

Roots and new leaves will form on the cuttings within a couple months

Step 6: Individual potting up



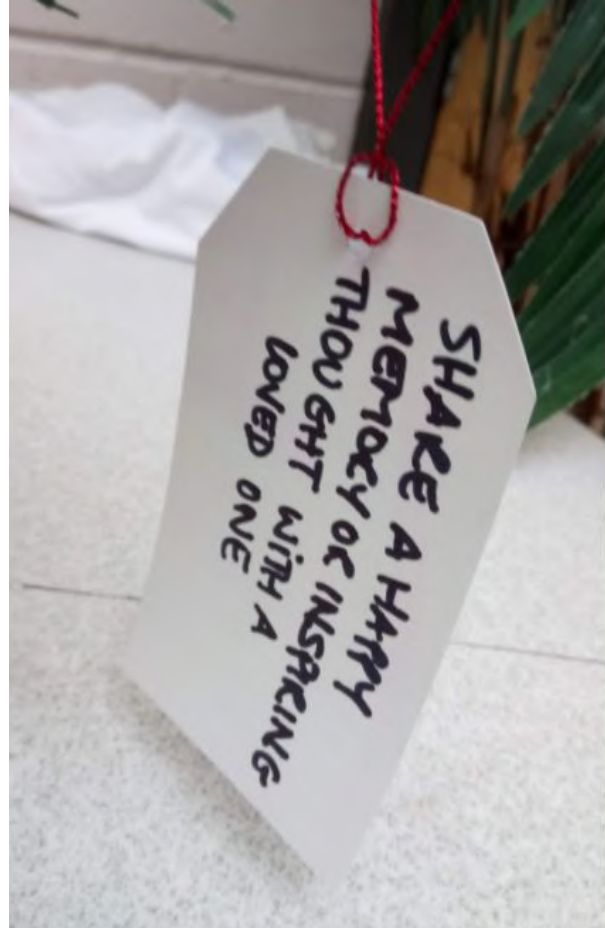
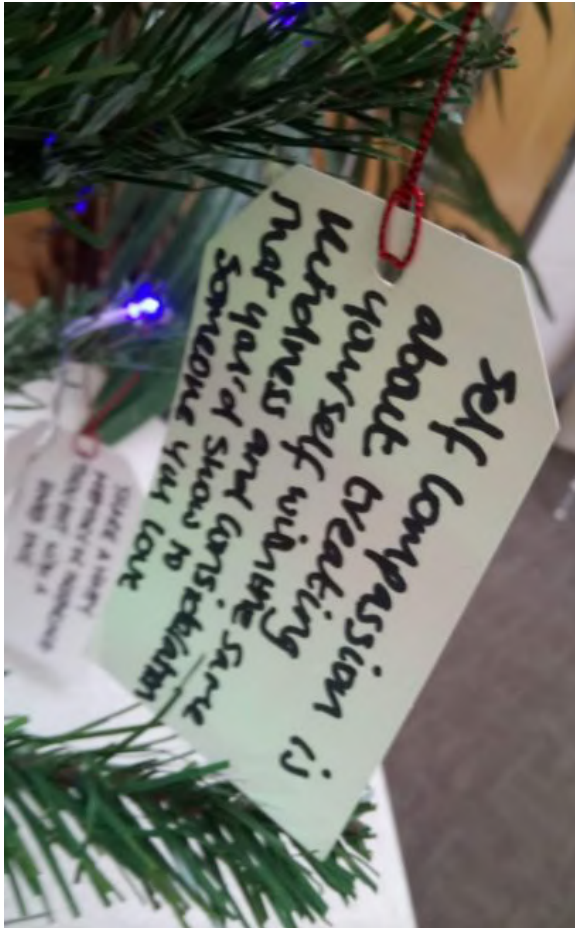
Potting up happens after both roots are visible from the drainage hole and new leaves are beginning to form. Gently remove the new plants from the compost and pot them up into individual 3" pots. If you're using small pots to propagate lavender cuttings in, you may need to gently up-end it. The new lavender plants need to be planted into compost that holds a little more water than before. Mix one part perlite or grit to 3 or 4 parts compost. Plant them up to the same place they were in the propagating pot.

The new baby lavender plants are ready for the garden.



Wellness Tree

Ideas, Thoughts and Affirmations shared and exchanged.



KIND THINGS WE CAN ALL DO.

Smile

Say hello

Open doors for people

Do nice things for no reason

Share some sweets

Look out for people who might be lonely

Encourage people to join in things

Ask people how they are today

Give people time

Buy someone a cup of tea & have a chat

Always Be Kind

Sharing Our Wellness

Even on a rainy day there is beauty if you look.



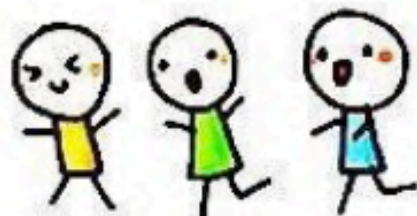
the best things in life are free.



hugs



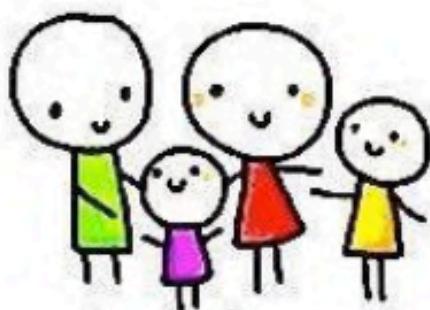
smiles



friends



kisses



family



sleep



love



laughter



good memories

Dylan's Special Chicken Satay

Ingredients

- 4 large raw chicken breasts
- 100ml of coconut milk
- 5 tablespoons of peanut butter (crunchy or smooth)
- 1 tablespoon of soy sauce
- 2 tablespoons of oil
- Wooden skewers

Method

- Chop the chicken breasts into large chunks, and put into a large bowl.
- In a smaller bowl, mix the coconut milk, peanut butter, and soy sauce together.
- Pour the peanut mix over the raw chicken chunks and mix until all the chicken is coated.
- Thread the peanuty chicken onto skewers, like kebabs, and rest on a tray or chopping board.
- Heat a frying pan with the oil, over a medium heat, and carefully add the skewers
- Fry for about 20 mins, or until chicken is cooked through (white not pink if you slice into the middle of a chunk), turning often to make sure all sides are cooked.
- Serve with noodles or rice, and salad.

Malteser Fridge Cake

Ingredients

- 1 pack of chocolate digestives
- 1 big bag of Maltesers
- Half a block of butter
- 6 tablespoons of golden Syrup
- 100g bar milk chocolate
- Any other yummy bits you want to add (glacé cherries, marshmallows, raisins... Whatever in the cupboard that would be tasty with chocolate!)

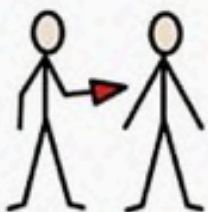
Method

- Put the bag of chocolate digestives into a large bowl, and smash up with the end of a rolling pin until they are mostly crumbs.
- Chop most of the Maltesers into halves and add to bowl of Crushed up digestives.
- Add any yummy extras you've chosen to the bowl.
- In a saucepan, melt the butter and golden Syrup together until thin and runny.
- Pour butter mixture into the big bowl of other ingredients, and stir until all mixed together.
- Spoon all this mixture into a baking tin, and flatten down with the back of a spoon.
- Break up chocolate bar into small pieces and melt either in a bowl over a pan of hot water, or in the microwave (microwave at full power for 30 seconds, take out and stir, repeat until chocolate has melted)
- Pour chocolate over the top of the flattened down cake, and sprinkle the left over Maltesers on top.
- Put the tin in the fridge and leave for a few hours (best overnight)
- Carefully run a knife around the edges of the tin to loosen the cake, and turn upside down onto a chopping board. Give a few taps on the bottom to help it come out.
- Turn over and chop into slices or squares.
- Eat a slice with a cup of tea 😊



Believe you can

+

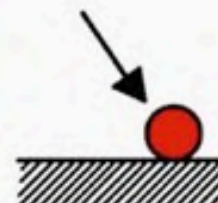


and

you're



half way

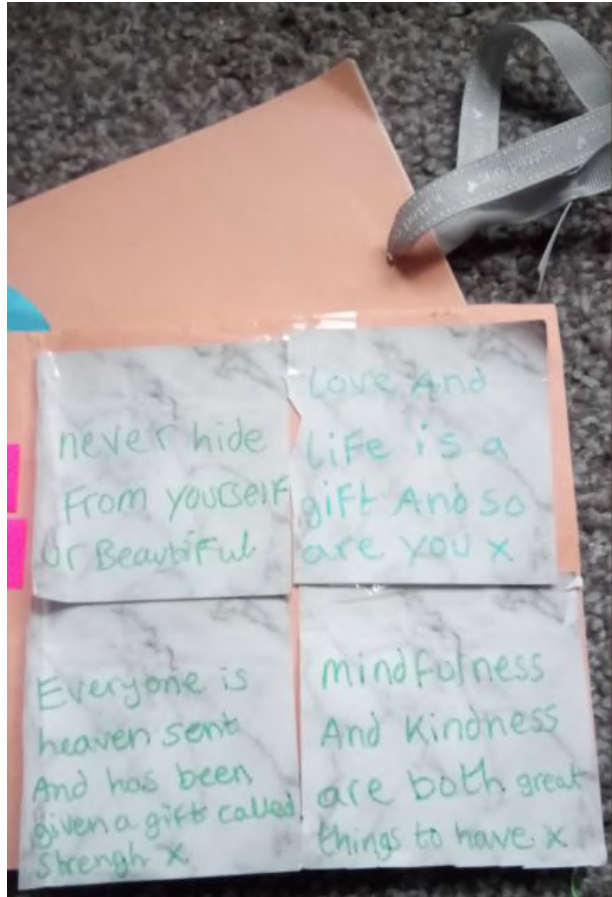
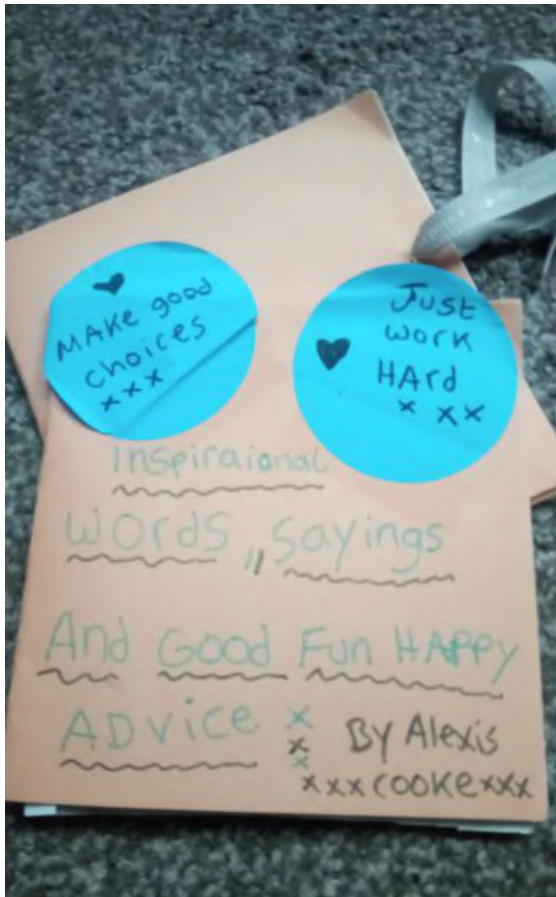


there.

Theodore Roosevelt

★ Breezy Special Ed ★

Make Good Choices





A LOT OF
PEOPLE
JUST NEED
SOMEONE
TO BE KIND
TO THEM
TODAY



Blowing falling
autumn leaves.



Dropping swooping
from the trees.



Snapping cracking
conkers fall.



cracking snapping
on the wall.





Fun Social Media to follow



AutumnAlmanacofWellness @AutumnWellness



Action for Happiness @actionhappiness



Morph @AmazingMorph



Rob Ives @robives



Manchester Libraries @MancLibraries



Mr Lumpy & Friends @LumpyandFriends



Melissa Grace @Melissasmile



Owain Wyn Evans @OwainWynEvans



Hubble @NASAHubble



Manc Pictures @Manc_Pictures

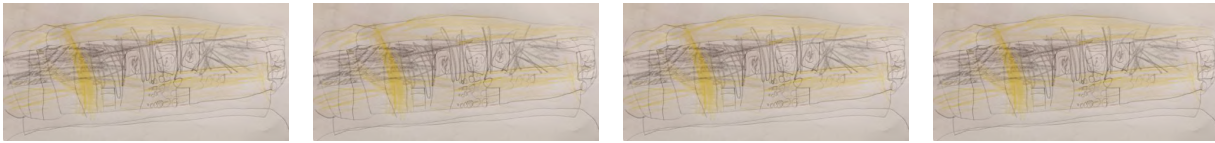


Literary Interest @InterestingLit



IronMenCrosby @IronMenCrosby

Getting Out and About



Making the most of concessionary and free travel in Greater Manchester

In addition to free off peak travel for those with concessionary travel passes Manchester has a free Shuttle bus service which operates around the city centre.

We found some great free places to visit within the four tram zones and using the shuttle buses. Here are some of the ones we liked most.

Zone 1 (City Zone)

- National Football Museum
- Science and Industry Museum
- Manchester Art Gallery
- People's History Museum
- Manchester Cathedral

Zone 2

- Old Trafford
- Etihad Stadium
- Lowry Outlet
- MediaCity UK
- Ordsall Hall
- Imperial War Museum North
- Victoria Park
- Philips Park
- Clayton Vale

Zone 3

- Wythenshawe Park
- Sale Water Park
- Heaton Park
- Victoria Park

Zone 4

- Rochdale Pioneers Museum
- Bury Market

This January start the year with an empty jar. Each week add a note with a good thing that happened.

On New Year's Eve empty the jar and read about the amazing year you had.

