## Wellbeing Week – Monday 18th May – Friday 22nd May

**Virtual event’s timetable**

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<th>Monday 18th May</th>
<th>Tuesday 19th May</th>
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<tr>
<td><strong>AM</strong></td>
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<tr>
<td>Join Joe Wickes at 9am for a morning fitness class. Invite any household(s) member(s) who need waking up for the day!</td>
<td>CHALLENGE 1: The Mary Berry</td>
<td>Challenge 2: STEP IT UP</td>
<td>FRUIT DELIVERY for those still on site!</td>
<td>Tiny Pause: Calm Resilience session via Zoom</td>
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<tr>
<td><strong>AM</strong></td>
<td>PILATES CLASS 11am via Zoom.</td>
<td>Download the app ‘Yoga’ for free yoga classes!</td>
<td>Emma Slade: How to develop kindness for the benefit of all. 11am via Zoom</td>
<td>HIIT CLASS 11am via Zoom</td>
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<tr>
<td><strong>PM</strong></td>
<td>Lunch time walk</td>
<td>Giles Yeo: The truth about diets. 2:30-3:30pm via Zoom.</td>
<td>CALL A COLLEAGUE. Take a 10 minute break to video call a colleague and see how they are.</td>
<td>TAKE A BREAK! See our list of recommended activities.</td>
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<tr>
<td><strong>PM</strong></td>
<td>Giles Yeo: Cooking experience with Giles. Available to preview all week.</td>
<td>Why not finish the day by winding down... This could be by participating in some exercise. It is important to get some fresh air and keep active!</td>
<td>Have you... Offered support to a vulnerable neighbour?</td>
<td>SPACE (Parents and Carers) Network Meeting 3pm via Zoom</td>
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</table>

Please see recommendations of E-books below! From Jo and Jasmina from the Clinical School Library.

CHALLENGE 3: Solve It!
For more information on all events please see below.

**Additional Information:**

**Monday.**

**Join Joe Wicks at 9am:**
Joe Wicks has become the nation’s PE teacher! His positive energy and motivation is key to making sure you and your family are awake and ready for work and school.
Joe Wicks’ ‘PE with Joe’ can be found on his YouTube channel called ‘The Body Coach’ or simply search ‘PE with Joe’ and his exercise videos will appear.

https://www.youtube.com/user/thebodycoach1/videos

**Event: Pilates with Jamiela Nazir Fitness - Monday 18th May 11am via Zoom**

**Zoom link:** https://us04web.zoom.us/j/75977265976?pwd=RE94cFdDdFQwVmhlTGdrU2xVTHN0Zz09

**Meeting ID:** 759 7726 5976

**Password:** 5BhJ6p

**Description of event:**
Jamiela will be delivering a 45-minute-long Pilates class - the best way to spend a mid-morning break! Everyone is encouraged to get involved and of course we advise everyone to be comfortable and go at their own pace. The class is for all standards and a great way to try this type of fitness.

**Lunch time walk:**
Cambridgeshire news released an article highlighting recommended walking routes around the Cambridgeshire area. It was announced by the Government on Sunday 10th May that people are now allowed to drive to places to exercise and whilst this is permitted we would like to share this article to provide some suggestions. Please follow the link below.

https://www.cambridge-news.co.uk/whats-on/family-kids-news/best-places-walking-near-cambridge-14023690

**Event: Giles Yeo: Cooking with Giles** – Available to watch on our wellbeing page Monday 18th May-Friday 22nd May.

**Description of event:**
Dr Giles Yeo will be showing you how he creates his crispy aromatic duck dish. Very easy to do, and has impact as a dinner party piece!

**Tuesday.**

**Challenge 1: The Mary Berry**
Have you got a passion for baking? Or simply want to try something new? Follow the link below to Mary Berry’s incredible recipes.
Take some pictures of your finished masterpiece and show us by sharing it to our twitter page (clinical_hr) or send it to our wellbeing email address (cswellbeing@cam.ac.uk).

https://www.bbc.co.uk/food/chefs/mary_berry

**Yoga App:**
This app provides yoga routines for beginners, intermediate and advanced levels. It is a great app to help encourage you to try something new or to continue perfecting your yoga skills. Please see app icon.

**Event: Giles Yeo: The truth about diets** - Tuesday 19th May at 2:30pm via Zoom
Zoom link: https://zoom.us/j/97213346690?pwd=dHg3VHQ5ZnpBZzQ1QytMVUdqbE5SUT09
Description of event:
Each New Year brings new diets and health fads; carnivore, keto, paleo, plant-based. But what actually works? Dr Giles Yeo explores how to break the cycle of pseudo-science and misinformation surrounding the world of dieting as he discusses his ‘anti-diet’ diet book.

Finish the day by winding down with some exercise:
The Couch to 5K app gives you the opportunity to improve your ability to run. The app gives you weekly guidance on when to run and how long for allowing you to increase your endurance steadily and reach the end goal of running 5k comfortably.

Wednesday.

Challenge 2: Stepping it up!
COUNT YOUR STEPS! It is important that we keep active and aim to reach our recommended 10,000 steps per day, or even more if you are up for a challenge!

The government has currently encouraged lockdown procedures to take place until June but have now confirmed individuals can go outside and carry out as much as exercise as possible. It is important to do your one hour of exercise a day to help improve your physical and mental health.

You can monitor your steps via your phone, watch or even counting and writing it down! Whatever works best for you. This isn’t just a challenge, it’s a competition! Between you and your friends or colleagues! See if you can achieve more steps and keep up the hard work for the whole week.
Event: Emma Slade: Developing kindness for all. Wednesday 20th May at 11am via Zoom.
Zoom link: https://us02web.zoom.us/j/89709593576?pwd=ZUtSXRxWGp0SzFmT00yMU9EazhHdz09

Description of event:
Emma Slade is the first and only western women to be ordained as a Buddhist Monk in Bhutan. An Alumni, Emma is a published author (most recently “set free”) who has founded a UK Charity “open your heart to Bhutan” will allow you the opportunity to reflect and review how you can develop and maintain kindness to all.

Emma will be carrying out a small guided breathing practice. This session will be recorded and available to preview all week.

Offer support to a vulnerable neighbour:
Offering support to a vulnerable neighbour is easy when using the Good Sam app. The app allows you to help those in need easily by informing you of a range of solutions to specific emergencies/scenarios.

Thursday.

Fruit boxes.
We will deliver fruit boxes to buildings in operation for research and testing purposes. In addition to this we will make a fruit box donation to NHS staff as a little thank you for their bravery and dedication. We can’t say thank them enough – we are incredibly grateful for their service.

Event: HIIT with Jamiela Nazir Fitness - Thursday 14th May at 11am via Zoom.
Zoom link: https://us04web.zoom.us/j/79801783956?pwd=akpnRHFLNGZVaythbjZ1Y2J1SWJ4Zz09
Meeting ID: 798 0178 3956
Password: 2b5yQC
**Description of event:**
Jamiela will be delivering a 45-minute-long HIIT class, a great way to get your exercise fix! Everyone is encouraged to get involved as there are options for all fitness levels including low impact options.

**Take a break:**
Please see list below of different apps’ readily available to get involved with in your spare time.
- Music: Spotify, Apple music, YouTube, Amazon music.
- Active/Sport related: Couch to 5K, Gym Plan – Home & Gym workouts, 5 minute Pilates workouts.

**EXTRA EVENT! Please see details below.**

**SPACE (Parents and Carers) Network Catch up – Thursday 21st May 2020 at 3pm via Zoom.**
Zoom link: https://zoom.us/j/95536137156?pwd=YjNBcVU3WVZBcUxrZE9YRnpVU05jUT09
Password: 216256

**Description of event:**
The SPACE network would like to invite you to an afternoon coffee catch up, with a focus on those who are currently caring for the elderly, other adults or dependants. Come share a drink and a virtual chat about experiences and tips and hints in these challenging times. Everybody is welcome – you need not already be a member of this network in order to join this meeting.

**Friday.**

**Event: Tiny Pause: Calm Resilience – Friday 22nd May at 12pm via Zoom.** - Please sign up for the Calm Resilience session here - On signing up above you will receive a direct calendar invite from Sam (a few days prior) with a link to join the session.

**Description of event:**
Three main aims of the session:
  · Manage negative thoughts and mental fatigue related to the coronavirus situation.
  · Create a daily restorative break (mini mindfulness based) to help recharge focus and perspective.
  · Reframe situations to adapt to change more effectively - two established resilience techniques.

For 48 hours following either session staff will have the opportunity to contact Joy, a mental health nurse with over 40 years’ experience. Joy's role is to help staff 'feel listened to' (all conversations confidential) and sign post them onto a recognised next step for example; GP appointment, occupational health, support groups etc.). We will provide contact details on the day.

Challenge 3:
Please try our riddles below or if you are interested in taking part in a quiz, why not gather some friends and colleagues to try the Jimmy Carr ‘The Tiny Little Quiz in Lockdown’. Please see the link below.
https://www.youtube.com/watch?v=weZmR5l9htk

Here is a list of riddles, see how many you can solve! And why not tweet us with your favourite one! All answers are on the back page... try to resist having a sneak peek!

1. I am an odd number. Take away a letter and I become even. What number am I?
2. What has hands, but cannot clap?
3. What has a head and a tail, but no body?
4. You measure my life in hours and I serve you by expiring. I’m quick when I’m thin and slow when I’m fat. The wind is my enemy. What am I?
5. What is something that belongs to you, but other people use it more?
6. What has many keys but can’t open a single door?
7. What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see? What is it?
8. What can you catch but never throw?
9. A time when they are green, a time when they are brown, but both of these times, cause me to frown. But just in between, for a very short while, they’re perfect and yellow and cause me to smile! What Am I talking about here?

10. People make me, save me, change me, raise me, what am I?

11. I am a word of letters three; add two and fewer there will be. What word am I?

12. What word is pronounced the same if you take away four of its five letters?

13. A man describes his daughters, saying, “They are all blonde, but two; all brunette but two; and all redhead but two.” How many daughters does he have?

14. Which is heavier: a ton of bricks or a ton of feathers?

15. Mary has four daughters, and each of her daughters has a brother. How many children does Mary have?

EXTRA EVENT! Please see details below.

**Academic Women’s Forum Network Catch Up – Friday 22nd May 2020 at 10am via Zoom.**

*Zoom link:* [https://zoom.us/j/93727792028?pwd=RDJVQXpRNjhiK1ivYmNmUWZVdk12dz09](https://zoom.us/j/93727792028?pwd=RDJVQXpRNjhiK1ivYmNmUWZVdk12dz09)

*Meeting ID: 937 2779 2028*

*Password: 924782*

**Description of event:**

The Academic Women’s Forum is aimed at women in academia within the Clinical School. You can sign up to join the network mailing list here. In addition, if you would like to attend this session please email csdiversity@admin.cam.ac.uk to confirm your attendance. This particular session is an informal catch up where staff can share their experiences of working during times of isolation and seek advice from others in a similar situation.

**Book Recommendations.**

Our librarian Jo and her colleague Jasmina have kindly put together a list of recommended eBooks and resources based on this week’s wellbeing theme: KINDNESS. These are available to both staff and students.
If you would like access to more eBook’s they can be found via idiscover (the library catalogue). Alternatively, please feel free to contact our Head Librarian Jo on jm908@medschl.cam.ac.uk.

Wellbeing:

- Activating happiness: a jump start guide to overcoming low motivation, depression or just feeling stuck
  - [http://idiscover.lib.cam.ac.uk/permalink/f/1asv7p8/44CAM_ALMA51617076620003606](http://idiscover.lib.cam.ac.uk/permalink/f/1asv7p8/44CAM_ALMA51617076620003606)
- Kindness and joy expressing the gentle love
  - [http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51618090500003606](http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51618090500003606)
- Kindness and the good society connections of the heart
  - [http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51619328990003606](http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51619328990003606)
- Happiness and the good life –
  - [http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51531779560003606](http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51531779560003606)

Other genres, good reads for positive feelings:

- The real Winnie: a one-of-a-kind bear:
  - [http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51616793730003606](http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51616793730003606)
- Reasons to stay alive (Matt Haig):
  - [http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51625426500003606](http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51625426500003606)
- Notes on a nervous planet (Matt Haig):
  - [http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51625904400003606](http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51625904400003606)
- Alice adventures in Wonderland:
  - [http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51542603430003606](http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51542603430003606)
- The cost of kindness (Jerome):
  - [http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51542786380003606](http://idiscover.lib.cam.ac.uk/permalink/f/8p41kq/44CAM_ALMA51542786380003606)
- Emma (Jane Austen):
Challenge 3: Riddle answers:

1. Seven
2. A clock
3. A coin
4. A candle
5. Your name
6. A piano
7. A dice
8. A cold
9. Bananas
10. Money
11. Few
12. Queue
13. Three: A blonde, a brunette and a redhead
14. Neither—they both weigh a ton.
15. Five—each daughter has the same brother.

Riddles references.
1-3 = http://brainden.com/logic-riddles.htm
4 = https://www.rd.com/funny-stuff/challenging-riddles/
5-9 = https://www.riddles.com/best-riddles?page=8
10-15 = https://parade.com/947956/parade/riddles/

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