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2020

2021  
CALENDAR



# Love from Lancashire

A collection of outstanding photography, featured in the Lancashire Mind 2020 Love from Lancashire photography competition



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Photography competition winner Shafiq Khan's entry featuring Houghton Bottoms' waterfall near Preston

# January

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## Wellbeing Tip of the Month - Beat those January Blues with Gratitude

January can be tough. So take some time to think about the things in your life you are grateful for. Celebrate your successes. Write a list and put it up somewhere for you to look at each day. This will help to remind you of all the good things you have in your life.



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Bronze winner Mark McNeill's  
night capture of Ashton Memorial in Lancaster

# February

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Wellbeing Tip of the Month - Do what makes you happy

Why not start each day by doing something you love? Take a few minutes after you wake up and do something for you. This will help you start each day in a positive mindset.

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Lancaster Canal by Catforth Road  
captured by Frazer Faulkner

# March

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## Wellbeing Tip of the Month - Be Mindful of Your Thoughts

It is very easy to slip into a cycle of negative thoughts without even knowing it. These thoughts can become the norm and quickly affect our mood on a daily basis. Keep tabs on your thoughts and remember to speak to yourself as you would speak to family & friends - after all, you deserve the same kindness and respect you give them.



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# April

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## Wellbeing Tip of the Month - Take Opportunities to Learn

Learning something new is a great way to broaden your mind, challenge yourself and feel a sense of accomplishment. Learning can take shape in so many ways, whether its an online class or a YouTube video, reading a new book or starting a hobby. Think of it as exercise for your mind.



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Bronze winner, Lisa Atkinson's colourful Lancaster Castle

# May

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## Wellbeing Tip of the Month - Be Active



Physical exercise, no matter how small, can be great for your mental health. Choose an activity that you'll enjoy and go at your own pace. Discover exercise apps, online workout videos, running groups or classes. You deserve some 'you time'.

**Viva**

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 mind | Lancashire  
for better mental health



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Silver winner Ruth Collinge and her  
deco-inspired shot taken on Blackpool Promenade

# June

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## Wellbeing Tip of the Month - Be in the Present

Regularly taking time to be aware of yourself and how you are feeling in the moment is so important. Taking a moment to breathe or even writing in a journal can be helpful. Being mindful of your thoughts and feelings as well as the wider world around us can give us a better perspective.



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Collingwood near Chorley, captured here by  
Chloe Rodgers

# July

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## Wellbeing Tip of the Month - Connect with Others

Make July a connecting time, whether that's meeting family for a walk in the park, video calling a friend for a catch up or spending a proper lunch break with a colleague. Connecting and sharing with others is a huge part of staying mentally healthy so look after those relationships that are important to you.



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# August

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## Wellbeing Tip of the Month - Determine and Live your Personal Values

Everyone has different personal values. They are what makes us all unique. Take some time to understand what is important to you and set some healthy boundaries when it comes to work, family and friends. When you decide on who you are and how you want to live your life, it can help you thrive and lead a more emotionally balanced life.



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Dean Clough Reservoir, near Blackburn by Mo Lambat

# September

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## Wellbeing Tip of the Month - Changing Seasons

As daylight gets shorter it can affect our overall mood, so it's important to look out for signs of sadness or worry. Having things to look forward to like a good book, a new boxset or a hobby is always a great way to boost your mood and doesn't always depend on good weather or bright daylight.



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# October

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## Wellbeing Tip of the Month - Sleep Well



As the nights draw in, getting a good night's sleep can be a challenging adjustment. Sleep is a key part of good mental wellbeing, so make sure you have an early night or a lie in if your body is craving extra rest. Zzzzz...

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Beacon Fell at sunset by Frazer Faulkner

# November

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## Wellbeing Tip of the Month - Give Back

Giving to others is something that can bring so much joy and doesn't always need to cost you money. We can often be overwhelmed by the lead up to the festive season and things like debt worries and other pressures can take a heavy toll on your mental wellbeing. It can be more rewarding, and mentally beneficial, to focus instead on giving time, skills, knowledge and support to others that may need it.



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Ball Grove in Trawden taken  
by Jacqueline Jordan

# December

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## Wellbeing Tip of the Month - Laugh

Laughing helps you de-stress, reduces feelings of anger or worry AND boosts happiness! Laughter can come from simply spending time with others. The connections we make time for have a huge benefit to our mental wellbeing. So make time to focus and savour the festive moments. They are far more valuable than the gifts under the tree.



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# Love from Lancashire

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AXA is one of the biggest insurance companies in the world, operating in 57 countries and helping over 100 million customers to live better, healthier, more fulfilled lives.

Community Rail Lancashire - [communityrallancashire.co.uk](http://communityrallancashire.co.uk)

Community Rail Lancashire is an umbrella organisation that looks after four community rail partnerships across Lancashire.

Conlon Construction - [conlon-construction.co.uk](http://conlon-construction.co.uk)

Based in Preston, Conlon is an award-winning family business formed in 1961. We have always supported local good causes and are pleased to have Lancashire Mind as our Charity of the Year for 2020.

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Proud to provide Lancashire Mind with IT support.

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Creativeworld - [creativeworld.co.uk](http://creativeworld.co.uk)

Creative World have over 30 years' experience in working together with clients in the health sector from strategic communications through to campaign delivery.

Fertile Frog - [fertilefrog.com](http://fertilefrog.com)

You won't forget our name, nor our services!

Fredericks Ice Cream - [fredericksicecream.co.uk](http://fredericksicecream.co.uk)

We at Frederick's Ice Cream are always happy to help and support Lancashire Mind in their work to get Lancashire people of all ages talking about mental health.

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Delivering results for businesses across Lancashire.

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We see a future where everyone in Lancashire understands their mental health and well-being, see it as important as physical health and know how to look after it. We believe that only a universal approach, which gets everyone talking about and understanding mental health, will result in the achievement of our vision: Mental Wellbeing for All.

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