

Spring Self-Care



Spring wellbeing calendar of activities



HEALTH & WELLBEING SUPPORT FOR YOU – MARCH 2026

SUNDAY

1 Set an intention to live with awareness and kindness

MONDAY

2 Notice three things you find beautiful in the outside world

TUESDAY

3 Start today by appreciating your body and that you're alive

WEDNESDAY

4 Notice how you speak to yourself and choose to use kind words

THURSDAY

5 Bring to mind people you care about and send love to them

FRIDAY

6 If you find yourself rushing, make an effort to slow down

SATURDAY

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



Action for Happiness calendar – Mindful March

 <p>Online Coaching</p> <p>Try our free 10-day program</p> <p>Abi your happiness coach guides you through daily actions for happier living.</p>	 <p>Talks</p> <p>Discover more from leading experts</p> <p>Inspiring Talks from leading thinkers on all aspects of living happier lives.</p>	 <p>Course</p> <p>Try our life-changing 6 week course.</p> <p>Happiness Habits is proven to help you craft the skills for a happy and meaningful life.</p>	 <p>Groups</p> <p>Be part of something bigger</p> <p>Groups offer the chance to connect with others and find practical ways to take action.</p>
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SPOTLIGHT ON...



In The Moment Support

Refers to a type of counselling or support that is provided in real-time, at the very moment when a person is experiencing a particular issue, emotional distress, or crisis. This form of support may be more immediate and responsive, focusing on addressing the individual's current needs and concerns. The goal is to provide assistance and guidance in the present moment to help the person cope with their immediate challenges.

24/7 Telephone Support

Speak in confidence to fully qualified counsellors and support specialists 24/7, 365 days a year to discuss any emotional, personal or work-related issues.

Resources

Whether you're looking to listen to mental health and wellbeing advice on-the-go or take yourself through a self-help resource or blog, explore these resources aimed to provide you with advice and support across a range of topics.

Ask Bill for Help

Bill knows a thing or two about money and bills. In fact, that's why he made this page - to offer free and impartial help to those that might need it.

Debt Advice

Dealing with debt can be stressful and can be a cause of worry, meaning you may find it difficult to concentrate on work or other responsibilities. Angel Advance provides 24/7 online debt advice to get you back on track and make your finances more manageable.

Domestic Abuse

It can be difficult to see, accept or understand when you may be experiencing abuse. Domestic abuse comes in many forms and is not limited to just physical violence. It can include physical, sexual, psychological, verbal, emotional and financial abuse. Bright Sky is a free to download mobile app, which provides support and information to anyone who may be in an abusive relationship or those concerned about someone they know.

Lifestyle Savings

From supermarkets and high street shopping, to utility bills and retailers in your local community, discover a world of savings and discounts with you in mind

Sign up for FREE here

Choose 'Coventry'





St David's Day takes place on the **1st of March** each year. As well as remembering the saint himself, it has become an important day for celebrating everything to do with Wales including food, culture, and the Welsh language.

Here's how to get involved:

1. Wear a [traditional outfit](#)
2. Join a [parade](#)
3. Take Part in an [Eisteddfod](#)
4. [Visit a National Treasure](#)
5. [Eat Traditional Welsh Food and Drink](#)
6. Wear a [Daffodil or Leek](#)

St. Patrick's Day on **17th March** is Ireland's most significant cultural celebration, a national holiday marked by events, traditions, and nationwide tributes to Ireland's patron saint.

Here's how to get involved:

1. Wear a [green shamrock](#) or green clothing
2. Attend a [parade](#)
3. Listen to [Irish music](#)
4. [Eat some Irish food and drink](#)
5. [Socialise with friends](#)



Click images for links to further information

International Women's Day 2026 theme is 'Give To Gain' (8th March)

When we give, we gain.

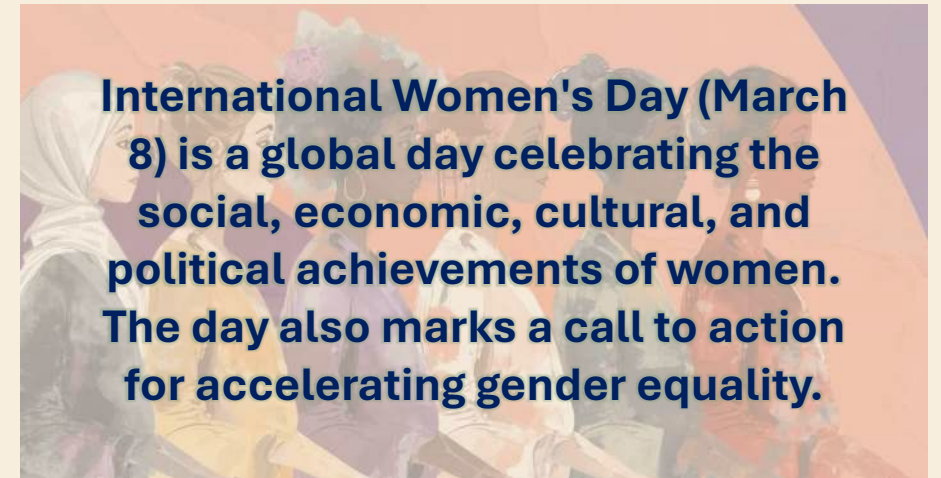
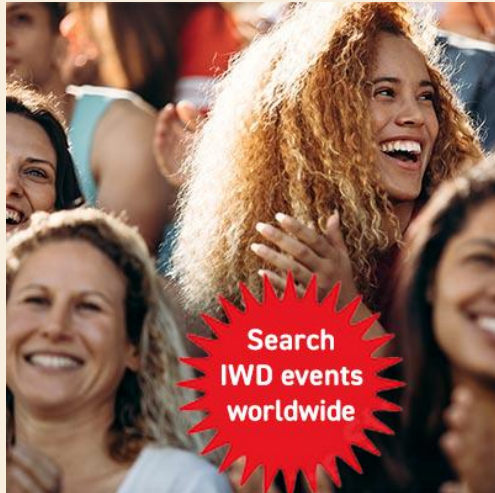
Together, let's help forge gender equality through abundant giving.

The IWD 2026 Give To Gain Campaign encourages a mindset of generosity and collaboration.

Give To Gain emphasises the power of reciprocity and support. When people, organisations, and communities give generously, opportunities and support for women increase. Giving is not a subtraction, it's intentional multiplication. When women thrive, we all rise.

Whether through donations, knowledge, resources, infrastructure, visibility, advocacy, education, training, mentoring, or time, contributing to women's advancement helps create a more supportive and interconnected world.

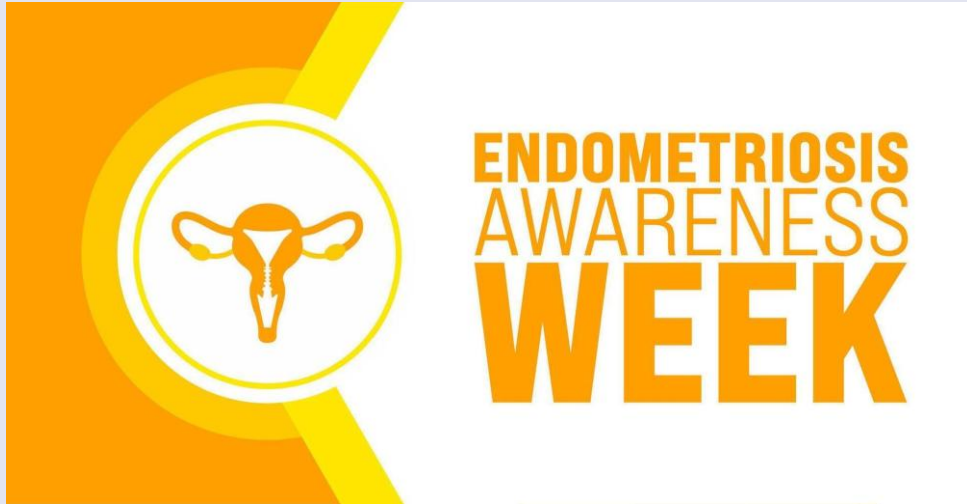
What will you Give to Gain gender equality?



[Click here for workplace resources](#)



AWARENESS DAYS



**Sign
Language
Week** 16-22 March



BDA The Association of UK Dietitians

**Get your free
toolkit for health**

Joe Wicks: Movement Hour



What is 'Movement Hour' and when is it?

We are asking companies all over the UK to pledge to take part in Movement Hour and commit to giving employees an hour off from their regular working duties to prioritise their physical and mental health. How employees use the time is up to them - it could be a HIIT or yoga session, a walk around the block.

Anything that gets them moving and feeling good. 'Movement Hour', will take place:

12-1pm on Wednesday 18th March 2026.

We understand that committing to a specific hour of the day might be impossible for some businesses, so we invite you to hold the hour at a time that works for you – or break it up throughout the week.

It's about all of us joining together and committing to some healthier workplace habits.

- **HIIT** (High Intensity Interval Training):
 - [Beginner](#)
 - [No equipment](#)
- **Yoga:**
 - [Beginner](#)
 - [Back Release Flow](#)
- **[Seated](#)**

The Body Coach for Blue Light

Card Holders: Do you want to get fitter, healthier and happier? Subscribe to the Body Coach app to get a structured workout programme and tailored recipes to help you build strength, burn fat and transform how you feel - inside and out. It's just £59.99 for a year with your exclusive Blue Light Card discount.

For a link to 'Movement Hour' resources, please email laura.williams151@nhs.net

Joe Wicks

LEARNING OPPORTUNITIES



Coventry & Warwickshire
ICS Active Bystander
Champions Training 2026-
[Sign up](#)



5th March: How to lead well when it's tough, without getting stuck in the Drama Triangle
19th March: How To Coach Yourself Through Tricky Conversations

SUNDAY, 29 MARCH 2026

EARLY BIRDS

A Psychologist's Guide To Setting Healthy Boundaries

Explore the psychology of healthy boundaries and why they matter. Gain tools to protect your energy and wellbeing....

🕒 17:00 📺 Online Event



Overwhelm is the persistent feeling that you can't cope and that the demands on you are excessive. At its worst, overwhelm can lead to burnout where you are physically and mentally exhausted. Explore how, using strategies based on the best scientific evidence, you can take the pressure off before you reach that stage.



Happiness & Social Media: International Day of Happiness

with Jonathan Haidt, Jan-Emmanuel De Neve & Mark Williamson

Thursday, 19 March 2026
19:00-20:00

TICKET PRICE
Optional Donation



SEED TALKS

7.00pm Monday 9th March

LEARN TO QUIET SELF-DOUBT AND BACK YOURSELF WHEN IT COUNTS

with award-winning peak performance educator Dr Shadé Zahrai



LEARNING OPPORTUNITIES

<https://www.cwtraininghub.co.uk/training-cpd-calendar/>

03 MAR 2026
Free

Suicide Prevention Training - 3rd March 2026

🕒 3 hours 10.00 - 13.00 📍 Virtual
Non-clinical workshop

Practice Manager, Administration & Clerical

[Book Now \(15\)](#)

25 MAR 2026
Free

HCW and Lib service

Literature Searching in Healthcare Databases - 25th March 2026

🕒 1 hours 14.00 - 15.00 📍 Online
KLS Pilot Scheme

All Staff

[Book Now \(24\)](#)

05 MAR 2026
Free

HCW and Lib service

Introduction to Critical Appraisal - 5th March 2026

🕒 1 hours 12.00 - 13.00 📍 Online
KLS Pilot Scheme

All Staff

[Book Now \(24\)](#)

25 MAR 2026
Free

Coventry Warwick Training Hub

Conflict Management in General Practice

🕒 2 hours 09.30 - 11.30 📍 Virtual (Teams)
Working in General Practice can be fast-paced, high-pressure and sometimes, tense. This free, 2-hour session, is designed...

All Staff

[Book Now \(50\)](#)

17 MAR 2026
Free

Coventry and Warwickshire Training Hub

Presenting with Confidence

🕒 3 hours 09.30 - 12.30 📍 Warwick
Whether you're new to the field or looking to refresh your foundation, this Fundamentals Session offers a clear,...

All Staff

[Book Now \(10\)](#)

27 MAR 2026
Free

Coventry & Warwickshire Training Hub

Parental Leave Support Network - Parenting Support Circle (March)

🕒 10.00 - 11.30 📍 Leamington Spa
This is an open invitation to all GPs (Locum, salaried and partners) in the Coventry and Warwickshire area, who are on...

General Practitioner

[Course Info](#)



arc WOODLAND WELLBEING COURSE

**Wednesdays 10am-3pm for 7 weeks
Tallis Wood, Radford Semele, CV31.**

For people struggling with mental and/or physical health, loneliness or addiction recovery

Lunch, refreshments and local transport provided

2026 course dates:

SPRING:
25 Mar + 15 Apr to 20 May

SUMMER:
3 June to 15 July

AUTUMN:
2 Sept to 14 Oct

First session is a taster - no obligation to continue

Connect more deeply with nature, with other people & with yourself

Funded by:  **FIND OUT MORE & BOOK YOUR PLACE**
SCAN QR CODE, EMAIL OR CALL US:
e: eleanor@arccic.co.uk
t: 07814 605245

WWW.ARCCIC.CO.UK 



arc Achieving Results in Communities

WELLBEING IN NATURE


FREE Weekly Sessions.
For people struggling with mental or physical health, loneliness, or in recovery.

FOUNDRY WOOD
LEAMINGTON SPA, CV32 6AF
TUESDAYS | 10 AM -12 PM OR 12:30 PM-2:30 PM

PACKMORES COMMUNITY GARDEN
WARWICK, CV34 5ED
THURSDAYS | 10 AM -12 PM OR 12:30 PM- 2:30 PM

"The sessions remind me how good I feel when I am in nature. I feel part of something meaningful and fun, and I feel accepted and included."

TO FIND OUT MORE / BOOK A PLACE
SCAN QR CODE, EMAIL OR CALL US:
cat@arccic.co.uk
07739 020654

COMMUNITY FUND **WWW.ARCCIC.CO.UK** 

FEEL SUPPORTED 



arc Achieving Results in Communities

COMMUNITY GARDENING

FREE Weekly Groups.
No experience necessary
Volunteer with one of ARC's gardening groups to create, improve and manage green spaces in your local community.

ALL SAINTS GARDEN OF PEACE
LEAMINGTON SPA, CV31 1AA
TUESDAYS | 10 AM -12 PM

THE CREST
LILLINGTON, CV32 5QB
WEDNESDAYS | 10 AM -12 PM

LYTTELTON GARDEN
WARWICK, CV34 5EW
FRIDAYS | 10 AM -12 PM

"The sessions remind me how good I feel when I am in nature. I feel part of something meaningful and fun, and I feel accepted and included."

TO FIND OUT MORE / BOOK YOUR PLACE
SCAN QR CODE, EMAIL OR CALL US:
info@arccic.co.uk
07814 605245

COMMUNITY CONNECTIONS **WWW.ARCCIC.CO.UK** 

LEARNING TOGETHER 

Green social prescribing is the practice of supporting people to engage in nature-based interventions and activities to improve their mental and physical health. The National Academy for Social Prescribing's briefings and visual guides give a clear [overview of existing evidence](#). They point to the success of social prescribing initiatives, and they identify where we need to do more research. The [nature briefing](#) helps set out what the evidence currently tells us about nature and health and wellbeing. It summarises the key findings from a rapid evidence review and delivered by the National Academy for Social Prescribing's academic collaborative.

These events are open to the public.

Coaching & Mentoring



Coaching and mentoring can help you reflect, grow and navigate your next steps - whether you're developing in your role or looking ahead to what's next

Coaching

- Reflection
- Goal setting and accountability
- Neutral and more task focused
- Questioning, feedback and problem solving
- Cultivates autonomy, empowerment and critical thinking

Coaching

- 6 sessions with a trained coach
- Charges may apply
- Confidential
- Face-to-Face and Online sessions available

To receive our coaching profiles:

Scan here or click the QR code



cw.traininghub@nhs.net



@cwtraininghub

Mentoring

- Experience sharing and storytelling
- Guidance and advice
- Less formal
- Provision of support
- Knowledge transfer

Mentoring

- Access to a mentor for 6 months
- Wide range of mentors to choose from
- Free and confidential
- Face-to-Face and online sessions available

To receive our mentor profiles:

Scan here or click the QR code



THANK YOU

Please get in touch if you have anything you'd like to share in a future newsletter:

Special achievements

Thank yous, shout outs and celebrations

A special interest

A happy story

A favourite wellbeing tip

