



Weekly Wellness

Welcome to this weekly online resource. Wellness professional Jo Foster, offers self care tips through her insights on mindfulness and positive psychology, her weekly online yoga classes and nutritious recipe recommendations.

This week we will be looking at how we create a healthy immunity to the moods of others. Enjoy!

Food for thought

Not "taking it personally" is the optimists way of getting out of conflict. It is not the same as backing away from responsibility or compromising personal values, in fact it is the opposite. It is taking responsibility for your worth, your actions and the consequences. Another persons choices and beliefs are their own, they form their value, they are their responsibility, not yours.

Read more to explore how sometimes "personalisation" is the same as stealing ownership of another persons challenges.



Food for you



Sicilian whole orange cake
By Cristiana Cucina

[Nutrition facts and recipe here](#)

Friday's zoom classes



Join Jo for online yoga classes
Desk based yoga at 12:30 - 13:00
Guided relaxation at 13:00 - 13:15

[Join here](#)