



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 recap on some of what we have learned about optimism. Enjoy!

Food for thought

Try. Make mistakes. Learn. Repeat : That is the road to change.

This week we're recapping weeks 4-6 on our journey to optimism and are reminding ourselves why;

- "Not taking it personally" provides us with immunity to the pessimism of others
- optimism isn't always the right approach, and
- why you can't fool yourself into optimism.

[Read more here](#)



Food for you



Lemon Water
(and something else)

[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](#)