



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 begin considering how we can develop, preserve and enhance confidence. Enjoy!

Food for thought

No one is born with limitless self confidence. Confidence is a trait that comes and goes, in some areas of life it proves illusive and in others it can flourish. All of us at times feel like we've lost it and all of us in some situations will have it in abundance. Over the coming weeks we will explore how confidence can manifest in our lives, looking at how we can build it, keep it, and moderate it.

Let's begin with some science and myth busting.

[Read more.](#)



Food for you



Nut loaf
By BBC Good Food

[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](#)