



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 conclude on what we have learned about optimism. Enjoy!

Food for thought

This week we are concluding on our theme of optimism by touching on the ABCDE technique by Martin Seligman.

If all the positive thinking you have been practicing this past term hasn't lifted your mood, then you're in luck, because it's the season of new beginnings, birdsong, daffodils and chocolate. There is much to look forward to just in the everyday simple things.

Indulge and enjoy, Happy Easter!

[Read more here](#)



Food for you



Greek lamb meatballs

[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](#)