



# *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*

If we eliminate comparing ourselves to others, we free ourselves from the stresses that it brings. In this "less stressed" state of mind, confidence and self esteem will likely grow. However, total elimination of comparison can reduce a potentially valuable motivator and tool for inspiration. Some of us thrive with a little healthy competition. So the first thing to understand is "are any areas of your life where you have developed destructive tendencies?" If so, how can you limit their deflating effects and even transform competitiveness into confidence.

Here are a few suggestions: [Read more.](#)



## *Food for you*



Mushroom Stroganoff  
By Sainsbury's Magazine

[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](#)