

Mind Gym: A place to strengthen your mind

Welcome to the **MindGym**,
a new wellbeing resource!

A healthy place to give your mental health or mind even – a healthy workout for strength and endurance.



Tim Skene - Birmingham Wellbeing Alliance Project Manager

So, what's the idea of a MindGym all about?

Let's start with the definition of what a gym is. The word gym is a shortened form of gymnasium, originally a Latin word meaning "school for gymnastics," from the Greek gymnasium, "public place where exercises are practiced." Apparently, the Greeks used to do their exercises naked or in loin cloths, which would make good practical sense as clothing can get in the way of physical exercise. Anyway, I'd like to focus on, "where exercises are practiced" for the moment. I may return to nakedness later on.

Let me try to reframe the term "mental health". You might like to ask yourself, what is the first thing that comes to mind when you say mental health? Generally, it's usually got some negative association like 'there maybe something wrong with me' or someone else.



Now do the same thing for physical health...it generally lands a lot more comfortably or normal in terms of our perception of things. I'm off see my personal trainer for a workout rather than I'm off to see my therapist for a chat.

OK I agree, most people will be going to see their therapist if they are needing some help to resolve an issue to do with their mind but aren't some people going to see their Personal Trainer to resolve an issue with their weight? Is having a problem with my mind more challenging than having a problem with my weight? Might I also say that some people are quite happy being overweight and others quite happy with their different mindset?

In fact, taking a closer more holistic approach will indicate that both the body and the mind work quite closely together. If you want to resolve an issue in either one to be really effective, it will involve both.

So, what am I doing to strengthen and build up my mind to enable me to perform better in my life?

I've decided to do a series of monthly workouts as your PT for the MindGym.

Stay tuned for the December edition: 'Reflections on the Wheel of Life'. In future monthly editions I'll be unpacking more on what being naked is really all about in the **MindGym!**



It's National Stress Awareness Week. Why not take the opportunity to find out about a great MindGym training session on Meditation this Thursday 4th November. This workshop is run by a friend of mine Chris who works as a lawyer in a local law firm and used to be a monk! Click on the link for details:

<https://chaplaincyplus.org.uk/event/meditation-for-wellbeing/>

BOOK NOW

**To find out more the Birmingham Wellbeing Alliance
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