



We made it!

The darker months are now behind us and we can welcome the spring with open arms.

Perhaps you've not been dipping during the colder, darker months and are only just starting to contemplate getting into the water. We feel you! The winter was a tough one but now with the lighter days, the appearance of flowers shooting up through the ground and the birds happily singing, you may feel a little brighter about going for a dip.

Spring is such a wonderful time to connect with the nature around us as everything is bursting into life. Dips will still be cold, refreshing even, and perhaps that might be something you need after a few months of hibernating.

We will always meet you as you are, and if you fancy getting back into the water and want to do so in a group environment that is inclusive, safe and welcoming, then why not come along to your nearest Mental Health Swims group? You can find out where your nearest swim is by looking on our swim map: mentalhealthswims.co.uk/swim-meet-locations/

Simply click on a pin to find out how to book or if you want to get in touch, email the core team at hello@mentalhealthswims.co.uk

We're also excited to be opening swim host applications again this spring, so if you fancy volunteering for us and hosting a swim meet at a location near you, then keep an eye on our Instagram page [@mentalhealthswims](https://www.instagram.com/mentalhealthswims) where application details will be shared first.

HEALTH



How to build a walking meditation into your outdoor swim - Liz Lowe

A short walking meditation is a way of extending and deepening the experience of outdoor swimming, and it will warm you up too. It doesn't need to be a long walk, even a few minutes will give your mind some downtime.

Here's how to do it:

1. Find somewhere you can take at least 10 steps.
2. Decide on a distance or set a timer if you are walking back and forth.
3. Begin by paying attention to your body – feel the ground beneath your feet and notice how your body moves as you slowly place one foot in front

of the other. What connects with the ground, what moves and what is still?

4. Next, observe what's around you. How many different colours and textures can you see? How many shades of green?
5. Now expand your focus to include surrounding sounds. Listen to the sounds that are closest to you and then those that are furthest away.
6. If you become distracted, return to feeling the rhythm of your body as you walk.

If a walk isn't an option, try taking a few minutes just to look around and observe sounds, colours and textures within your environment.