



Me, Myself and WI

Supporting your own mental and physical health now and adjusting to the changes in daily life over the next few months as the new road map outlined by the Government starts to unfold is important. It's easy to feel bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. Everyone reacts differently and changes in the way that we think, feel and behave vary between people and over time. Now, more than ever, it's important that you take care of your mind as well as your body and to reach out for support if you need it.

The WI has an outstanding reputation for supporting members' during difficult times and today's situation is of no exception. The NFWI is exceptionally proud to learn of the positive, motivational and inspirational ways in which members are supporting one-another, both within their WIs and with fellow members across the country.

From today, the NFWI has launched the 'Me, Myself and WI' programme with the aim of helping members easily recognise ways in which they can help their mental and physical health. Using the butterfly logos (above), across the NFWI, we will help identify activities which members could undertake; from cooking and craft, to exercise and science, we will be highlighting a variety of activities across the coming weeks which members could incorporate into daily life. When the butterfly logo is shown, member's will be able to identify the activity as being a benefit to their mental and/or physical wellbeing.

*The Butterfly Effect...Every single thing you do matters.
You have been created as one of a kind. You have been
created in order to make a difference. You have within
you the power to Change the World.*

Andy Andrews

theWI
INSPIRING WOMEN