

+ **7 DAYS TO TO LIFT THE SPIRITS** + ≡

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From Monday 15th February we are dedicating a week to 'Lifting The Spirits' and safeguarding our Mental Health. Every day we will providing activities, tips and fun content for you, as well as giving advice on how you can lift your mood during lockdown.

We want YOU to get involved and send us your pics and vids with #LiftTheSpirits to:



@gbracing



Great British Racing



@greatbritishracing



## MEDITATION MONDAY

Lockdown has highlighted how important it is to get the week off to a good start.

Why not introduce some breathing exercises and meditation into your morning routine to help start the day the right way.

**Breathing exercises are a great way to start your day**

Reduce stress levels in your body

Lower your blood pressure

Lower your heart rate

Reduce depression

Improve diabetic symptoms

Better manage chronic pain

Better regulate your body's reaction to stress and fatigue



## TASTEBUD TUESDAY

Eating and drinking well can have hugely positive effects on both the body and the mind. With more time on our hands in lockdown, why not try some new healthy recipes to include into your weekly repertoire.

Top Jockeys have given us their favourite healthy recipes for you to give a try at home. Check out [The Jockey Diet](#).

**Top 5 foods to incorporate into your diet for better mental health.**

Leafy greens

Walnuts

Wholegrains

Oily fish

Berries: Strawberries, blueberries, raspberries and blackberries



## WALK WEDNESDAY

Take 20-30 minutes out of your day for a walk and enjoy nature.

A change of scenery is always welcome at the moment and regular exercise can really improve your mood.

**Benefits of short walks**

Increase oxygen levels in the body

Increase energy levels

Reduce Anxiety, depression and negative mood

Boost self-esteem and lower social-withdrawal symptoms





## THROWBACK THURSDAY

Let's remember the good times by enjoying a lookback at the magic moments.

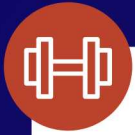
Let us know the horses and races which made you fall in love with racing.



Where were you when Frankel put in that magical performance in the QIPCO 2000 Guineas back in 2011?



Who was your favourite Grand National winner? Tiger Roll, Red Rum, Many Clouds? The list goes on.



## FITNESS FRIDAY

Keeping the mind and body fit is key to good mental health. A short burst to get the heart going will help put you in a good mood for the rest of the day.

Why not try some of our [Jockey Fit workouts featuring Tom Marquand here](#)



## RACING SATURDAY

Take time to relax and kick back. It's really important to have some down time and treat yourself to some top class entertainment.

Get settled in on a Saturday afternoon and let the ITV Racing team bring some fun into your living room.



## STAY IN TOUCH SUNDAY

It's essential to stay in contact with our loved ones.

A zoom or phone call with your nearest and dearest can make all the difference for you and them.

If you ever feel that you need someone to talk to anonymously then organisations (see right) are available to call day or night



Work in racing?  
[Contact Racing Welfare here](#)



Struggling with mental health?  
[Mind are always available here](#)