

Spring into Wellness

Factsheet - Learning Challenge



Learning something new is a great way to keep your mind active and to keep you focused. It is great way to concentrate on the positive and avoid the negative, like over-reliance on social media, which, at the current time, might not be helpful.



You can choose to get learning in any way you wish. Below, Action Mental Health gives you some ideas on how to start, like refreshing your musical knowledge and practicing an instrument you once played. Or why not start afresh and pick up a violin, flute or saxophone? These days you can easily order one online and have it delivered to your home – often at very competitive prices.

Charting your activity

Why not keep a record of how you are progressing and set yourself **realistic and achievable milestones** along the way? But make sure your kind to yourself – you can't fail if you are charting your own progress.

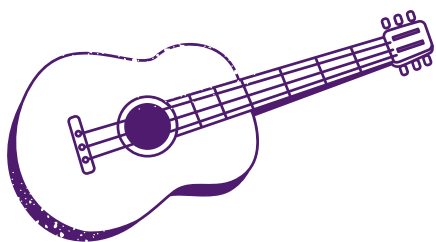


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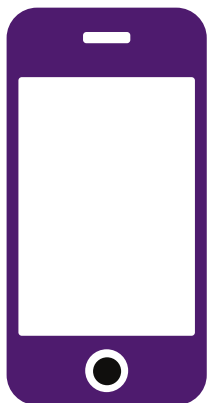
Some Ideas



Learn a musical instrument – why not pick up that guitar that’s lurking at the back of your wardrobe. There are plenty of resources, YouTube demonstrations and instructors online to help you with the basics and move you on to the next stage of your learning curve.



Set yourself a goal to do a little bit every day over the 30-day challenge and ask your friends to donate via your Justgiving page – their sponsorship will help keep you going.



Share updates and live sessions online, if you feel confident enough – you never know, it might encourage others to take up a new hobby too. It will also act as a reminder to people to donate to your challenge. Tell your story too, explaining why have you chosen to do this. Whether it’s because *“it helps your mental health, it reminds you of a loved one or you simply want to support a worthy cause,”*, you’re making a difference!

Whatever you do, try to enjoy what you are doing, and thank you for supporting the work of Action Mental Health.

Additional resources

More information can be found in your **fundraising pack**, with further resources on how to set up a just giving page, how to use social media to promote your activity and much more.

How to learn a musical instrument quickly: <https://iconcollective.edu/learn-any-instrument-quickly/>

Remember to adhere to all government guidance and regulations at this time.