



**DUCHY
CHIROPRACTIC**
GO WELL | STAY WELL

Welcome to our June Newsletter!

June 2026

Importance Of Self Care....

Self-care is just what it sounds like: taking care of yourself. Self-care is something that many people struggle to prioritise. There is a misconception that self-care is selfish, but this could not be further from the truth. Self-care is a crucial part of looking after yourself, as well as others. When you practice self-care you produce positive feelings, which boosts motivation and self-esteem leaving you with increased energy to support yourself as well as your loved ones. It seems that in our culture of working until you drop, taking time to care for yourself is finally starting to get some recognition. Whether you're a busy professional, or a stay-at-home mum, you need to take time to take care of yourself.

When you are the last on your priority list you aren't seeing the benefits of self-care.

Taking time to relax and de-stress will improve your mood, brain function, and memory, as well as allowing your mind and body to repair itself.

Sometimes it can be difficult to even take basic care of ourselves. On average, people only spend 15 minutes a day on health-related self-care. Taking time for yourself doesn't necessarily mean treating yourself to special things. Anything you do for yourself that makes you feel better or cared for can be considered self-care.

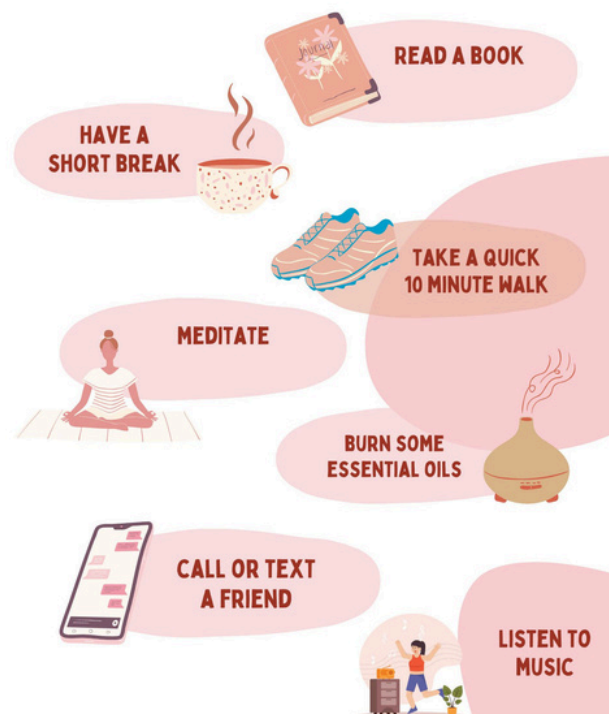
Going for a walk in the evening after dinner, reading a book or watching a movie, exercising (on your own or part of a group or class) are all forms of care.

What works for someone else may not work for you, instead of putting pressure on yourself to immediately have the perfect self-care routine set small goals that you want to achieve for yourself.

Even if you have a chaotic life where there seems to be only seconds to spare on any given day, it's possible to carve out time for yourself by simply planning ahead. As you practice this skill, it'll become more and more comfortable for you.



10 MINUTE ACTIVITIES FOR SELF CARE!



Community Events...

Park Yoga sessions on Narisa Lawn at Priory Park in Bodmin every Sunday 9-30 to 10-30am.

Park Yoga is a free community yoga session open to all, regardless of age, background or ability (children must be accompanied by an adult)

There's no need to book, just turn up with a towel or yoga mat and some water.



Healthy Cornwall:

Join our free and friendly Couch to 5K beginners running sessions.

Enjoy supportive, tailored sessions where you can go at your own pace and build confidence each week.

Scarlett Wells Car Park, Bodmin

6-7pm

Every Monday from 2 July

Places are limited and booking is essential — so whether you're new to running or getting back into it, don't miss out, get in touch today to secure your place:

01872 324200



Walking...

Walking regularly isn't just good for your legs, it has many benefits for your spine and your overall wellbeing.

Studies show it can help:

- Improve muscle strength and endurance.
- Increase blood circulation.
- Improve your mood.
- Reduce stress and anxiety.
- Improve your sleep.
- Increase your energy.
- Reduce the risk of depression.

With summer upon us it's the perfect time to go out for a walk why not start today!

A walking group is a great way to stay active and connect with others. Research shows there's more health benefits when we walk with others.

It's a chance to meet new people, get a little support, and improve your health and wellbeing.

Cornwall mind offer free walking groups throughout Cornwall,

Current walking groups

Wadebridge –

Wednesdays 10 am – 12 noon

fortnightly. Each walk lasts

approximately two hours.

Tel: [01208 892 855](tel:01208892855)

Email: info@cornwallmind.org

