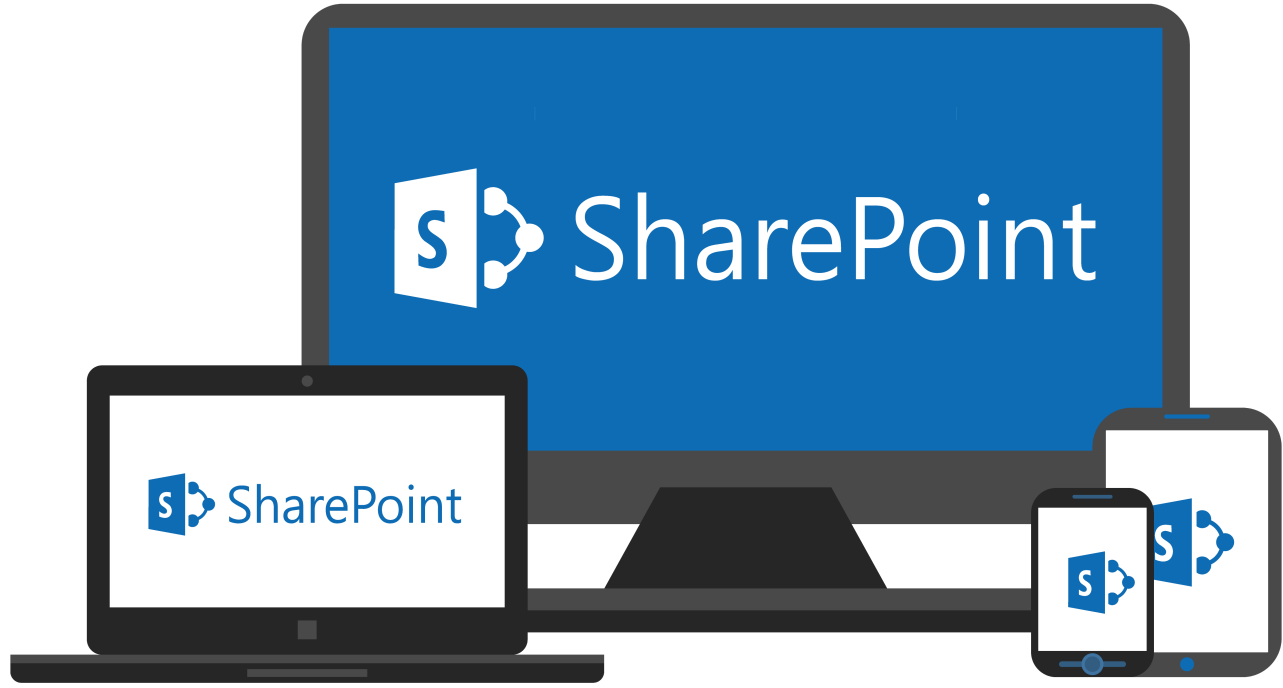


Tuesday Titbits

Get the latest updates from Project Partners



Our new look Project Partners SharePoint site is here!

Following recent communications in Tuesday Titbit and at our recent monthly Partner meeting we have completed our user testing and are now proud to launch our new look SharePoint site which we will be using as our Asset Repository.

Why?

We need a centralised, safe, and reliable storage facility for all our Project Partners collateral which includes our documents and templates that's accessible and easy for us all to use.

This will result in, a consistent approach for you to be able to locate the latest and approved versions of our collateral which you may need to support you in your role which will also ensure the right collateral is referenced and used.

How do I log in?

- You will need to be logged into your Project Partners 365 account using your Project Partner email and password.
- A link to the SharePoint will also be available soon via our new community portal.

I'd like to learn more, have a question or feedback, who do I contact?

- Excellent, please reach out via email to helpdesk@project.partners
- We will continue to include further collateral as it becomes available and do welcome all your ideas and input.
- Please also have a look at our [FAQs](#).

[Check out the SharePoint site](#)

Take a breather



We're all in dire need of a break. 2021 has been a long year (who can believe it's already the end!?).

So here's a few tips on mindfulness to help us focus our attention, observe our thoughts and feelings, and just to simply take a moment.

- **Be in nature:** Exposure to nature reduces anger, fear, and stress and increases pleasant feelings. It not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, and muscle tension. Research has found that even a simple plant in a room can have a significant impact on stress and anxiety.
- **Do some exercise:** Physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking increases our mental alertness, energy and positive mood. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.
- **Be grateful:** People who regularly express gratitude for the positive things in their life are shown to be happier overall, leading to lower rates of stress and depression. They also feel more loved and more connected to others in their lives when they routinely practice gratitude.
- **Do something new:** Continued learning through life enhances self-esteem and encourages social interaction and a more active life.
- **Eat well:** There are strong links between what we eat and how we feel. Food can also have a long-lasting effect on your mental health. Your brain needs a mix of nutrients to stay healthy and function well, just like the other organs in your body.
- **Set goals:** Setting goals can create a source of interest, engagement or pleasure, or even give us a sense of meaning and purpose. But when we achieve what we set out to, it brings a sense of accomplishment, which builds our confidence and belief in what we can do in the future.

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