


# Hello

## NIM's workplace chaplains share a few reflections in November 2021

NIM's workplace chaplains write;

A photograph of a forest path in autumn. The path is covered in fallen orange and yellow leaves. The trees on either side have vibrant autumn foliage in shades of orange, yellow, and some green. The scene is captured from a low angle, looking down the path into the distance. The lighting is soft, suggesting a slightly overcast day. The overall mood is peaceful and scenic.

travelled far together (though our personal journeys and stories will be very different) - let's hope the next months bring us closer to the destination we are all hoping for and a life more like the one we used to know. In the meantime please remember that chaplains are available to support you along the way - to share your joys and celebrations and with a listening ear if things are tough. Here are a few 'Reflections' & we hope they bring some comfort, support and maybe even a smile! Our contact details are below and it is always lovely to hear from you!"

## Autumn Etchings

by Maddison Julius Cawein

Beyond the autumn woods and  
ways

Into the hope of coming days.

The spring that nothing shall  
deter,

That puts my soul in unison

With what's to do and what is done.



## New Ways November

Learning something new or getting involved in an activity that really absorbs and interests us is great for our well-being. It helps to keep our brains active, and helps us flourish as we learn a new skill or sometimes just makes us smile as we make a mess and decide to start again. Being playful and staying curious as we try new things is important and its OK not to get it right first time - change "I can't do it", into "I can't do it.. yet!" This month's calendar is full of ideas to help you decide what to try next.

For more info and to download the calendar visit:  
[www.actionforhappiness.org](http://www.actionforhappiness.org)

## Keep Learning New Things

Over these last months we have all had to learn new things - whether we wanted to or not! From adapting to the restrictions placed upon us as a

result of Covid, to finding new ways to work and stay connected to colleagues. Learning how to use Teams or Zoom - and how to 'unmute' were amongst the many other things we have had to learn or adapt to.

Not all of this 'learning' was wanted or welcome! However, when learning comes from a place of choice and curiosity, it can affect our well-being in lots of positive ways. It exposes us to new ideas and helps us stay curious and engaged. It can also give us a sense of accomplishment and help boost our self-confidence and resilience.

There are many ways to learn new things, not just through formal qualifications, and they can be a way of connecting with others too. We can share a skill with friends, join a club, learn to sing, play a new sport and so much more. Learning is a lifelong skill, it's like gold dust for the soul. It can also be a powerful way to increase happiness and confidence as we surprise ourselves with what we're capable of. Research from neuroscience also shows that it can help to keep us younger - staving off Alzheimer's and age-related neurological changes by building up our brain's "cognitive reserves".

Learning new skills is about expanding our horizons and finding new meaning in life, and many of us need that right now! We develop new abilities, and discover new things about ourselves and the world at large. And we don't have to embark on some huge new project to access this power of learning, either. Any little skill will do - in fact, it may be better to start small with skills we can realistically tackle in day-to-day life.

What have you learnt or tried out for the first time recently?

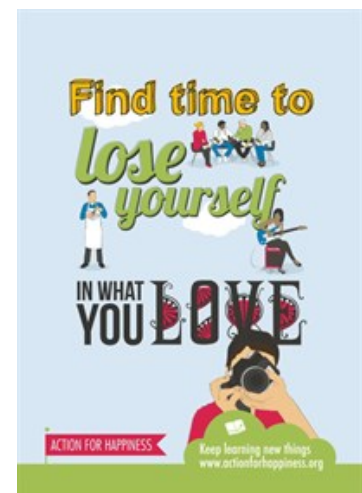
### Thoughts for today

*'Books are the plane, and the train, and the road. They are the destination, and the journey. They are home'*

Anna Quindlen

*'The greatest thing in this world is not so much where we stand as in what direction we are moving'*

Johann wolfgang von Goethe



### Fancy a chat?

*If you fancy a chat, or have a concern you would like to talk over, please just get in touch - we'd love to hear from you.*

Chaplain Team Leader

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