

barod

gwneud gwahaniaeth

AWGRYMIADAU LLES / WELL-BEING TIPS

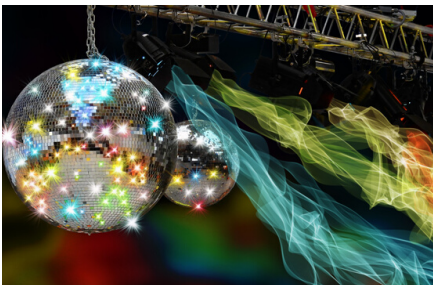
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TIPIAU GORAU DYDDIOL / DAILY TOP TIPS

Tra ein bod ni'n ufuddhau'r rheolau o ymbellhau cymdeithasol, dyw cadw'n iach ddim wedi bod erioed cyn bwysig na nawr. Pam dych chi ddim yn trio'n tipiau ni i'ch helpu chi ffocysu a chadw'n heini. Os oes unrhyw awgrymiadau am gynnwys yn y dyfodol, ebostiwch: joseph.chambers@barod.cymru.

Whilst we obey requests to maintain social distancing rules, taking care of ourselves has never been so important for all of us. Why not have a go at our tips to help keep you well and focused. If you have any suggestions for future content, email: joseph.chambers@barod.cymru.



YMARFER CORFF / EXERCISE

Felly ddoe, roedden ni'n dal i leddfu chi i mewn i'r wythnos ond gan fod rydyn ni wedi cyrraedd 'diwrnod twmpath' mae'n hen bryd i ni godi'r cyflymder ychydig! Mwynhewch yr ymarfer hwn gyda gwahaniaeth ... lluchiwch y llwch oddi ar eich sbandecs! Dawnsio Disgo Hapus!

Cynheswch bob amser cyn unrhyw ymarfer corff a chofiwch peidiwch ag ymarfer y tu hwnt i ble rydych chi'n teimlo'n gyffyrddus. Ni fydd yr holl ymarferion yn addas ar gyfer pawb ond gwnewch y rhai y gallwch eu gwneud.

So yesterday we were still easing you into the week but seeing as we are on 'hump day' time to crank this up a little! Enjoy this workout with a difference ... dust off the spandex! Happy Disco Dancing!

Please always warm up before any exercise and remember don't exercise beyond where you feel comfortable. Not all the exercises will be suitable for everyone but do the ones you can do.

<https://youtu.be/cgDppkNlml>



IECHYD MEDDWL / MENTAL HEALTH

Mae sganio'r corff yn symud eich sylw yn systematig ac yn fwiadol trwy'ch corff, gan ganolbwyntio ar y gwahanol deimladau. Mae'n ffurf fyfyrion hynod bwerus ac yn helpu ymlacio. Yr ail fideo yw *Standing Pilates*, oherwydd gall fod gyda rai pobl problemau dod i lawr i ...a chodi oddi ar y llawr. Nid oes angen unrhyw offer a dim ond 11 munud o hyd yw hi. Mwynhewch!

Body scanning is systematically and intentionally moving your attention through your body, focusing on the different sensations. It is an extremely powerful and relaxing form of meditation. The second video is Standing Pilates, as some may have issues getting up and down off the floor. No equipment needed and only 11 minutes long. Enjoy!

<https://youtu.be/aIC-1o441v4>

https://youtu.be/EDB58_1KONQ



BWYTA'N IACH / EAT WELL

Byrbrydau iach ar gyfer yr ymennydd Mae bwydydd yr ymennydd yn gynhwysion naturiol y profwyd eu bod yn helpu i wella perfformiad yr ymennydd trwy gynyddu'r gallu i ganolbwyntio a ffocysu. Dyma bum syniad o fyrbryd a bwyd yr ymennydd .

Healthy snacks for the brain

Brain foods are natural ingredients that have been proven to help improve performance of the brain by increasing the ability to concentrate and focus. Here are five brain foods and snack ideas.

<https://bit.ly/2Uzu7RI>