

We have put together 'Well-being' packs for you as we know this is a difficult time for many and we recognise people may need a little more help and support than usual.

We are here for you, to support as much as we can.

We know self-isolating can be difficult and we hope that this pack with advice and information will help you to stay well at home.

We know you may be home but please remember you are not alone.

Best wishes,

All at The Meadows.

Some of the things this pack includes are the following....

- Distraction Techniques/Grounding Tip
- Relaxation
- Activity Menu
- Helpful advice for Keeping Well at Home
- Seated exercises to keep you as active as possible
- Diet and Fluid information
- Groups and charitable organisations to support you

DISTRACTION

If you start feeling anxious or feel you are about to have a panic attack find something else to occupy your mind. People can only focus on one thing at a time, therefore if you focus on something else that is more pleasant or engaging it is harder to think of negative thoughts. Distractions include:

- Engaging in some sort of mental activity. Reciting or making up poetry, working out a plan for a job you have to do, do some mental arithmetic, do a word search (maybe keep a couple of word searches or 3udoku puzzles in your handbag so you can sit down whilst out and focus on them), reminisce about a nice event or keep a relaxing image in your head, plan how you would decorate a room or what you would make for a nice meal, plan what you would do if you won the lottery.
- Focusing on what is happening around you. Counting the number of objects you pass on a journey beginning with a letter of the alphabet, counting the number of red cars, listening to other peoples conversations, trying to work out from peoples appearances as much about them as possible and so on.
- Keeping physically occupied. If negative thoughts start entering your head when you are at home go for a walk or for a swim. Physical activities not only provide good distraction from negative thoughts but also help to use up adrenalin that make people feel tense and releases feel good endorphins.
- Practice breathing techniques. When a person gets anxious, they start to breathe quicker and shallower.
- This can make a person breathe in too much oxygen and lower the carbon dioxide in the bloodstream.
- This in turn can cause unpleasant sensations such as: dizziness, chest and stomach pain, tingling in hands and face, weakness and trembling limbs. If a person is anxious for long periods of time, breathing in this manner can become a habit, increasing the feeling of anxiety and discomfort.



Breathing Technique

Place one hand on your stomach.

Breathe in through your nose to the count of four, allowing your stomach to swell.

Hold for the count of two.

Breathe out gently through the mouth to the count of five, allowing your stomach to return to normal.

Count to two and inhale again.

At first this technique may feel uncomfortable, some people will have been breathing wrongly for so long it has become normal to breathe faster.

GROUNDING TIPS

BREATHE

INHALE SLOWLY THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH. IF YOU LIKE, YOU COULD TIME THIS AND BREATHE IN FOR THE COUNT OF 5 AND OUT FOR THE COUNT OF 8.

LOOK
AROUND

FIND 5 THINGS YOU CAN SEE, 4 THINGS YOU CAN TOUCH, 3 THINGS YOU CAN HEAR, 2 THINGS YOU CAN SMELL AND 1 THING YOU CAN TASTE

OTHER
THINGS

RUN YOUR HANDS THROUGH WATER / SPLASH IT ON YOUR FACE, GET SOME FRESH AIR, TAKE A SHOWER OR A BATH, ANYTHING THAT MIGHT FEEL COMFORTING

REMEMBER. IT IS OKAY TO NOT BE OKAY. AND IT IS OKAY TO NEED A BREAK. YOU ARE NOT ALONE

LSPiRG 

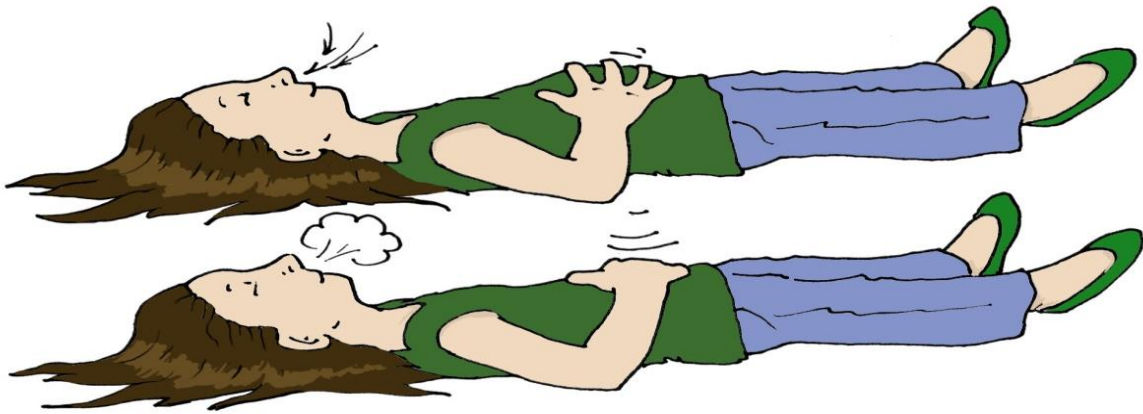
#HOMEBUTNOTALONE

Helpful Advice for Keeping Well at home

The key is ROUTINE!

1. **Establish a daily routine.** Routines provide structure and purpose.
2. **Balance your weekly routine** so you have a good mix of work (activities that have to be done), rest and leisure.
3. **Think about the regular activities that are most important to you.** What are the important elements to these? Can you adapt them to carry out in the home? For example, instead of a class, following an online strength and balance routine.
4. **Set daily goals** to provide purpose and a sense of achievement. This might include working through that list of the things you keep meaning to do but never get round to?
5. **Identify the triggers that make you feel low** and look for ways to reduce or manage them.
6. **Talk with family, friends and neighbours** to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance? This might be a good opportunity to re-connect on the phone with old friends, people you haven't spoken to in a while and to give you a sense of purpose by helping others who may be feeling lonely and anxious.
7. **Take care of yourself.** Eat and drink healthily with plenty of fruit, vegetables and water, to help boost your immune system and energy levels.
8. **Avoid staying still for too long.** Exercise and regular movement will maintain fitness and strength. If you are working from home, take breaks and eat away from your "desk."
9. **Have a good sleep routine.** If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises.
10. **Keep in touch.** Arrange to speak to someone most days on the phone, through social media or over the garden fence. [Age UK](#) and [Silverline](#) have people to speak to.

Relaxation Tips



Take a break

Relaxation doesn't have to take up lots of your time. Just stepping away from something stressful for a few minutes or taking time away from your normal routines and thoughts can give you enough space and distance to feel calmer.

- Read a book or a magazine, even if it's only for a few minutes.
- Run yourself a bath, watch a film, play with a pet or try out a new recipe.

Try active relaxation

Relaxation doesn't have to mean sitting still – gentle exercise can help you relax too.

- Take a walk, going at your own pace. You might choose to go for a longer walk, but even a few minutes of walking can help you feel relaxed.

Focus on your breathing

Learning to breathe more deeply can help you feel a lot calmer.

- Breathe in through your nose and out through your mouth. Try to keep your shoulders down and relaxed, and place your hand on your stomach – it should rise as you breathe in and fall as you breathe out.
- Count as you breathe. Start by counting 'one, two, three, four' as you breathe in and 'one, two, three, four' as you breathe out. Try to work out what's comfortable for you.

Get creative

Getting in touch with your artistic side can help you feel more calm and relaxed.

- Try painting, drawing, making crafts, playing a musical instrument, dancing, baking or sewing.
- Try not to worry too much about the finished product – just focus on enjoying yourself.

Spend time in nature

Spending time outside and in green spaces can be great for your physical and mental health.

- Take a walk in the countryside or through a local park, taking time to notice trees, flowers, plants and animals you see on the way.
- Spend some time taking part in conservation, whether that's digging in your own garden or taking part in a local green project.

Listen to music

Music can relax you, connect you to your emotions and distract you from worrying thoughts.

- Listen to your favourite songs. Turn up the volume and dance or sing along, or put your headphones on and close your eyes.
- Really listen to the music. Can you pick out different instruments? Can you hear a drum beat or a certain rhythm? Focus on the music, and let other thoughts fade away.

Do a tech check

Technology can be great for helping you feel connected, but if you're using it a lot then it can contribute to making you feel busy and stressed. Taking a break (even a short one) can help you relax.

- Try turning your phone off for an hour (or a whole day if you're feeling brave).
- Step away from the TV, or have an evening where you don't check emails or social networks. Use the time to do something relaxing – you could try some of the ideas above.

Picture yourself somewhere serene

Even if you can't physically get away, your imagination can transport you to somewhere you feel calm.

- Think of somewhere relaxing and peaceful. You might choose a memory of somewhere you've been, or a place you have imagined.
- Close your eyes, and think about the details of this place. What does it look like – what kind of colours and shapes can you see? Can you hear any sounds? Is it warm or cool? Let your mind drift and your body relax.

Sourced from Mind Charity for Mental Health

Activity Menu

This activity menu presents example activities that can help keep you occupied and can provide a sense of achievement, pleasure or connection to others.



Animals

Play with your animal if you have one
Bird watching from your window or garden
Listen to the birds



Mind

Daydream
Meditate
Pray
Practise yoga
Try relaxation exercises
Sit by the window where you can look out over a view of trees or the sky



Be active

Home workouts
Online exercises
Cleaning your home
Dancing to music
Going up and down the stairs



Cook

Cook a meal for yourself
Cook a meal for someone else
Bake a cake / cookies
Find a new recipe



Self Care

Take a bath/shower
Wash your hair
Give yourself a facial
Take short nap
Trim your nails



Shop

Shop online for groceries (if permitted)
Shop online for clothes (if permitted)
Plan what you want to purchase



Creative

Draw a picture
you like

Knitting

Take a photograph

Doodle / sketch

Organise photographs

Make a photograph album

Start a scrapbook

Finish a project

Do some sewing / knitting

Colouring



Clean

Clean the house: each day focus on one room

Clean the fridge and oven

Clean your shoes



Watch

Watch a movie

Watch a TV show

Watch a YouTube video



Music

Listen to music

Turn on the radio

Make some music

Sing a song

Play an instrument

Listen to a podcast



Kindness

Help a friend over the phone

Make a gift for someone

Make a list of your good points

Make a list of things or people you are
grateful for



Plan



Set a goal

Create a budget
music

Make a 5 year plan

Make a 'to do' list

Make a 'bucket list'



Connect with people

Contact a friend

Join a new group

Join a political party

Join a dating website

Send a message to a friend

Write a letter to a friend

Reconnect with an old friend



Mend

Repair something in the house

Repair your bike

Make something new

Change a lightbulb

Decorate a room

Try something new

Try a new food

Listen to some new

Watch a new TV show or movie

Read a new book



Learn something new

Learn a new skill

Learn a new fact

Watch a tutorial video

Learn a new language



Read

Read a favourite book

Read your favourite website

Buy an Ebook



Schedule

Get up extra early

Plan your day

Stay up late

Sleep in late

Tick something off your 'to do' list



Write

Write a letter with compliments

Write an angry letter

Write a grateful letter

Write a 'thank you' card

Write a journal / diary

Write your CV

Start writing a book

The key is ROUTINE...
Establish a daily routine which
will provide you with structure
and purpose.



Ideas/Suggestions for things you could do
at home to keep you occupied and
practical advice

- Purposeful knitting – For charities and initiatives to help others and help you feel connected to your community
- Gardening may help you feel connected to nature/sitting in the garden and getting fresh air
- Short and regular walks to get you out of the house, whilst not coming into contact with crowds/others
- Get connected – contact old friends via letter or the phone, support each other and keep in touch
- Hobbies you may not have had time for recently
- Mindfulness Colouring books
- Watching films
- Puzzles
- Reading books/magazines
- Try to get in a routine/limit how much media exposure you have, maybe choose to watch the News just once or twice a day to reduce risk of feeling overwhelmed

Do things you ENJOY – keep your spirits up and set yourself daily achievable goals.

Groups and Charitable organisations to
support you

Silverline Friendship Hotline 0800 460 7080

SPARC info@sparc4me.org.uk 0161 429 9744

AGE UK Stockport 0161 480 1211

CRUSE Bereavement Care 0800 477 9400

Samaritans 116 123

MIND Mental Health Charity 0300 123 3393

www.mind.org.uk

SANE Mental Health Charity 0845 767 8000

CALM – Campaign Against Living Miserably

17:00 – Midnight 0800 5858 58

Emergency Professional Support 111/999

Admiral Nurse Dementia Helpline

0800 888 6678

Stockportsuicideprevention.org.uk

The Meadows, Stockport 0161 716 4505