

Wellbeing Pack 5

Welcome to pack 5!

During coronavirus many aspects of our lives have changed and as lockdown eases we will face new challenges, so the theme of this pack is '**change**'. We invite you to think about what impact change has on us as individuals, how it makes us feel and what we can do to plan the small steps we may need to take to manage this.

How we each approach change will be very different, embracing change as a chance to try new things and think about what is important to us, can have a really positive impact on our lives.

With that in mind we have included a variety of activities that will hopefully encourage you to try something different; a new recipe, some gentle exercise, growing some salad seeds (find enclosed) something creative, all things that can help improve wellbeing. There are also some tips about managing and planning for change.



“

It's not so much that we are afraid of change or so in love with the old ways, but it's that place in between we fear....it's like being in between trapezes. It's Linus when his blanket is in the dryer. There's nothing to hold on to.

Marilyn Ferguson



Local children have kindly made a variety of artwork for our packs, with the theme of “things that make them happy” there are sadly not enough for everyone, but you may be one of the lucky ones and have something in your pack!

If you know someone else who might benefit from receiving a pack or to opt out of the packs, please contact: Sarah Lane at Virgin Care: 07975 233 550.

If you are concerned, feeling low or need support, we have people who can help

Call the helpline; 0300 247 0050





Looking after your mental health as lockdown eases - preparing for change

The Mental Health Foundation is part of the national mental health response during the coronavirus outbreak. Government advice designed to keep us safe is under constant review and will be different depending on where you live. These hints & tips were taken from information shared on their website.

CHANGE- For many of us, gradual easing of lockdown brings longed-for opportunities (even if at a social distance) to see friends, play sports, resuming contact with others in 'real space' or getting back to work that we value. But at the same time, for many of us, even these much anticipated changes can still be challenging.

What are the mental health challenges, and what can we do?

- Be prepared that coming out of lockdown may be as hard as the start was, it will take time to reconnect with life. Try to maintain routines, staying connected, eating well, taking exercise all help maintain mental health and are arguably more important during periods of stress.

What is going to change for me?

- Our situations are unique, it is important not to judge ourselves based on others, we are doing our best.
- Fear and anxiety are possibly the most common emotional responses any of us will feel as we approach the release from lockdown. Many of us fear becoming ill with the virus or passing infection on to loved ones, as the risk increases when people interact. This is an entirely normal response, but risk can be reduced by following the government guidelines

What can I do to minimise risk for me?

- When we go back to something, we might feel nervous or anxious as we've forgotten how it feels. It's important to acknowledge that these feelings are reasonable, and to expect them. It's only by building up tolerance gently that we can move through these fears.
- It is important to share our concerns with others but also to acknowledge we cannot control how others behave, expressing our frustration or anger with someone we trust will help us let it go, so we do not get drawn into chewing things over in our heads.

Who can I talk to about my worries?

- If possible, take things at your own pace – but try and challenge yourself to try something different each week. It's very easy to allow the seclusion that was necessary in lockdown to become deliberate isolation as lockdown ends.
- Celebrate small wins (and big wins) and try and keep a note of what you are achieving.

Remember- one small step at a time!

- For many people lockdown has been relatively quiet and isolated. Coming back into shops, traffic, transport, and work might lead to sensory overload. Headphones may be a good way to reduce some of this by helping you to focus and creating a distraction with calls, music, podcasts or audiobooks.

What helps
keep me
calm?

- There has been a lot of talk of a 'new normal' – for most of us will mean 'what we need to get through today, or this week' – but normal is changing and managing risk and uncertainty, is going to be the reality for the foreseeable future. Whilst for many of us this is uncomfortable, concentrate on the present and try not to get caught up with "what-ifs."
- Most of us have been challenged in ways we never imagined and have found new ways to manage – or even flourish. For many of us lockdown has made us review our values and what is important to us. The life, values, and attitudes we had in early March might not be the ones we want to return to, and we may now have the opportunity to make positive changes in our lives.

What is different or more important to me now? How do I want MY WORLD to look?



WEATHER WORDSEARCH

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AIR

BLIZZARD

CONDENSATION

EVAPORATION

HUMIDITY

PRESSURE

RAINBOW

STORM

THERMOMETER

ANEMOMETER

CIRRUS

CUMULUS

FOG

HURRICANE

RADAR

SLEET

STRATUS

TORNADO

ATMOSPHERE

CLOUDS

DEWPOINT

HAIL

LIGHTNING

RAIN

SNOW

TEMPERATURE

WATER VAPOR

Managing & embracing Change

Inspired by; *Live Your Best Life From Jack Canfield's Weekly*

Whether we perceive it or not, everything is constantly changing – the environment, the weather, the economy, technology, society, culture, our friends and family, our body. The more able we are to **embrace changes** to our world, the easier it will be for us to live our best life.

For some people, the idea of constant and never-ending change is terrifying, because change often involves risk and loss – possibly of something big, or just the loss of whatever is comfortable and familiar.

Some people see change as something to fear or dread, instead of something that is a new adventure that has the potential to improve us or our lives, an opportunity to experience something new and to grow and evolve as a person. And that's a good thing!

Tips to Learn How to Embrace Change

Think of it this way. Change is inevitable. It is like a river flowing downstream, following the laws of gravity. If we resist it, it feels like trying to row upstream during a flood.

When we accept change and embrace it follows the natural flow, we may still need to row to avoid a rock or a bridge but it won't feel like fighting the current. Life will get easier.



1. Remember- change can be good, even if it feels scary

Whenever a change happens that seems like a tragedy, always remember there is a gift in it. Even when the change feels overwhelming or scary, take time to imagine what the best possible outcome could be.

"Every negative event contains the seed of an equal or greater benefit." – Napoleon Hill

We can't change the events that happen, **(E)** they occur outside of our control. But we **CAN** change our response to them **(R)** and ensure that what happens next, the outcomes **(O)** we experience in our lives are as positive as possible.

Event (E) + our Response (R) = Outcome (O)

Faced with a change we could fall into a state of hopeless despair and see no way out, the result being nothing changes and we feel worse **OR**

We could look at this event as an opportunity to change our goals, develop new skills, find a different job, a more fulfilling relationship, new friends, more freedom, discover our true life purpose or have time to prioritise our needs and then find we are much happier.

2. One small step at a time

We need to give ourselves permission to acknowledge & experience whatever fears show up along the way, but not let them stop us- exploring how to overcome them and what actions we might need to take will set us on the path forwards, small steps at a pace appropriate and achievable for us- **One Small Step at a Time.**

It will be surprising at how quickly the path forward will become clearer, and entirely more achievable, one small step or goal at a time!

3. Supporting change

Managing change or achieving our goal will feel easier if there is a plan or goal, no matter how small this might feel, every goal reached is a step towards where we want to be, if we don't have this, how can we recognize how well we are doing?



Start by asking yourself some simple questions;

What would I like to change? how would I like my life to look?

How important is it to me that I do this?
How confident am I, that I can?

What would it feel like if I accomplished this, what would be the benefits?

How do I usually deal with change, how does it make me feel?

What might get in the way of me making this change?

How might I overcome this, what support do I need and from whom?

What is the first small step I need to take?

How confident am I that this is a realistic & manageable first step that I can achieve?

When do I want to make this change by? How will I know I was successful?

A goal without a plan is just a wish- managing change in a way that works for you

Whatever change you want to make, no matter how big or small; managing coming out of lockdown, health, exercise, getting out more, learning a new skill, attending a course, this method can help you work it out, at a pace that feels realistic for you, making it more achievable.

You have a great starting point, having asked yourself the above questions, you know what you would like to change, what action you need to take to start to make this happen, what might stand in the way & how you might overcome this. You have thought about who can support you and when you want to have done it by, and how you will know you've achieved it. BUT most importantly does this goal/step/change feel realistic? If not make it smaller! Small steps move us towards where we want to be! Now let's make it SMART!

Specific - what is it I want to change?

Measurable- how will I know if I have achieved it, how can I measure this?

Action - what action do I need to take

Realistic - does the change feel realistic in the time I have set, given any challenges I might face?

Timed - when do I want to have done this by? (you need to know this to measure your success)

With **SMART** there are no failures, it's cyclical, when you review your goal, if you achieved it great! you can set the next one, but if not, or only partly, look at the questions again, what got in the way & how might you overcome this, then set a smaller goal that feels realistic - remember **One small step at a time!**



Easy tea bread



This makes a loaf big enough for 6-8 people but will keep well in an airtight container or wrapped in foil to be eaten over a few days. Any marmalade will work in this recipe, also any mixture of dried fruits. Enjoy a slice as is or with butter and cheese.

Ingredients

- 1 cup cold tea
- 200g (8 oz) mixed dried fruit
- 200g (8 oz) Self-raising flour
- 100g (4 oz) Caster sugar or brown sugar
- 1 large egg, beaten
- 2 tablespoons orange marmalade



Method

Preheat oven to 180 C or Gas 4.

Place the fruit in a small bowl, pour the cold tea over the top.

Soak overnight if possible, or until the fruit swells.

In a bowl combine the flour, sugar, egg and marmalade. Then pour the fruit and tea mixture in and stir thoroughly.

Put into a greased loaf tin and bake for 1 hour. Allow to cool slightly before removing from the tin.

Paper hanging decoration

Kirsty Allsopp a TV crafter, has a programme encouraging us craft to improve wellbeing, during social isolation, using items we have at home. The programme; **Channel 4- "Kirstie; keep crafting and carry on"** demonstrated making a balloon hanging decoration in one episode. Please find below the instructions on how to make your own decoration.

Materials; craft paper, wallpaper, cards or old magazine or book

You will also need; Scissors

Instructions; whatever shape you decide to use, the technique is the same.



1. Choose you template, you can vary the size as you go up the thread if you wish.

2. For each individual balloon/ heart/cloud pompom you will need to cut 5 templates, apart from the tear drops/clouds/stars that hang below where you only need 2 of each for every 3D shape made.

3. Fold each template for 3D in half and crease firmly (except shapes below, for these you just stick 2 together with the thread in between)

4. Take 1st template and stick one half of this template to the 2nd one, then the free half of the 2nd one to the 3rd and so on, continue until you get to the last one.

5. Place the string between the last 2 halves before sticking them together (this picture shows one "bauble" made just as a single, but if you would like a strand then use longer thread.

6. Continue until you feel your strand is long enough!!!



Creativity Works - At Home

Collage Characters

Imaginary Characters...

Have fun creating some random and imaginary characters using just a few materials.

Experiment with using different papers and pens to discover what different effects you can create and which you like using the most...

Play and see what you can create!



What you'll need:

1. Collage Characters

- A selection of papers e.g old magazines, newspapers, patterned paper, old artworks etc
- Scissors
- Glue
- A pen
- Paper
- Your imagination!!



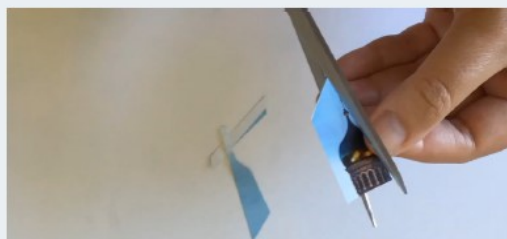
Step 1

Pull out pages with objects you like the look of e.g vegetables, flowers, bottles etc. Look at text too, the way the text is written, can have a shape of its own.



Step 2

Cut out the shapes from the magazines and/or shapes from the other papers you have. e.g squares or more organic shapes



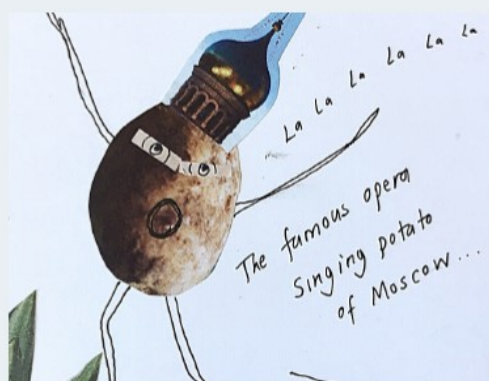


Creativity Works - At Home

Collage Characters

Step 3

Begin to play around the shapes by placing them onto some paper. Glue in place when you like what you see.



Does your character have a name? Or a job? :-D

Step 4

Look at what you've got - can you see a character? Play with adding some arms, legs and eyes and see your character come to life before you! Repeat!!



What other ways could you create some imaginary characters?

- Use paint blobs
- Leaves or twigs etc from the garden
- What else could you use...?



Creative Prompt by Morwenna Woolcock, Creativity Works

Taking it further

You can use this prompt for all kinds of things, such as...

- Creative writing prompt
- Comic strips
- Character development for drama/plays
- Costume design
- Art journal-ing
- Cards to send to friends
- What else??

For information on Creative Works
Projects ring 07715 382877



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Fun Quiz

(quiz by curtesy of Oldfield School)

Answers on the last page of the pack

St Mungo's
Ending homelessness
Rebuilding lives

- 1) One of the top 10 audiences for British TV ever occurred this year. What was it?
- 2) What connects x-rays, penicillin, mauve, microwave oven, superglue?
- 3) Launched in 1962, what was the first flavour of crisps in the UK?
- 4) Born in Berlin in last year, who are Meng Yuan and Meng Xiang?
- 5) What broadcast its 10,000th episode in February?
- 6) Which UK prime minister spoke English as a second language?
- 7) Harley Bird recently retired as the voice of who?
- 8) Who was dubbed Wagatha Christie for her online sleuthing?
- 9) Who is responsible for Yeezy trainers?
- 10) What marine predator-themed song has over 2bn views on YouTube?
- 11) What is the connection between 'Martin' in France; 'Müller' in Germany; 'Rossi' in Italy and 'Smith' in the UK?
- 12) What connects Steph Houghton, Heather Knight and Sarah Hunter?
- 13) Each of these pictures is a mixture of 2 people. Can you name them both?



- 14) What is the connection between black in draughts, white in chess and Miss Scarlet in Cluedo?
- 15) Where did Philippe Cozette and Graham Fagg meet in 1990?

Exercises to do at home

Sitting



Balance



Flexibility



Strength



These exercises have been developed by NHS Choices with older people in mind, but everyone can benefit from them.

If you have not done much physical activity for a while you may want to get the all clear from a GP before starting.

For the exercises that require a chair, choose one that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement.

Wear loose, comfortable clothing and keep some water handy.

Try to attempt these exercises at least twice a week, this will help to improve muscle strength, balance and coordination.

Build up slowly and aim to increase the repetitions of each exercise over time. Make them a regular part of your week. Do them to music.

If you would like to do these exercises together with someone else over the phone contact Age UK Bath & NE Somerset and ask to be set up with one of our telephone befrienders. Call 01225 466135.

One leg Stand

Balance



A. Start by standing facing the wall, with arms outstretched and your fingertips touching the wall.

B. Lift your left leg, keep your hips level and keep a slight bend in the opposite leg. Gently place your foot back on the floor.

Hold the lift for five to 10 seconds and perform three on each side.

Step up



Use a step, preferably with a railing or near a wall to use as support.

A. Step up with your right leg.

B. Bring your left leg up to join it.

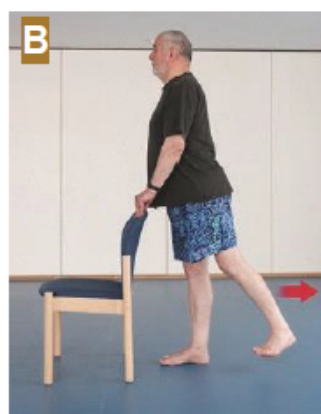
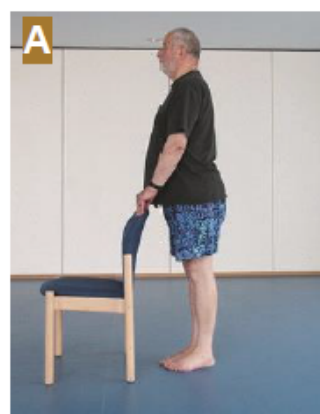
C. Step down again and return to the start position.

The key for building balance is to step up and down slowly and in a controlled manner. Perform up to five steps with each leg.

Strength



Leg extension

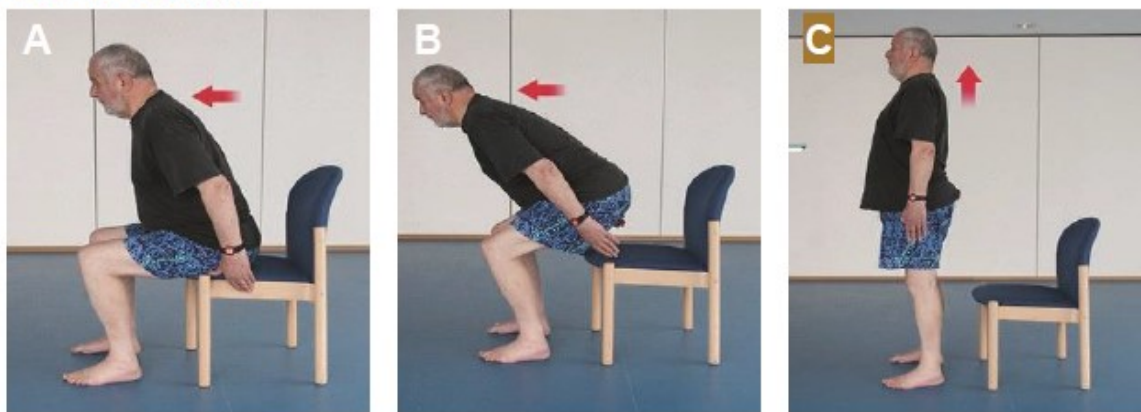


A. Rest your hands on the back of a chair for stability.

B. Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom. Repeat with the other leg.

Hold the lift for up to five seconds and repeat five times with each leg.

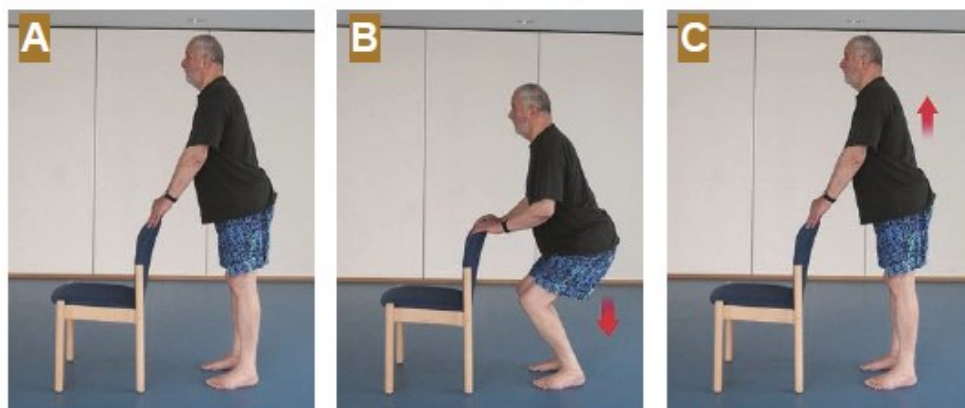
Sit to Stand



This is good for leg strength.

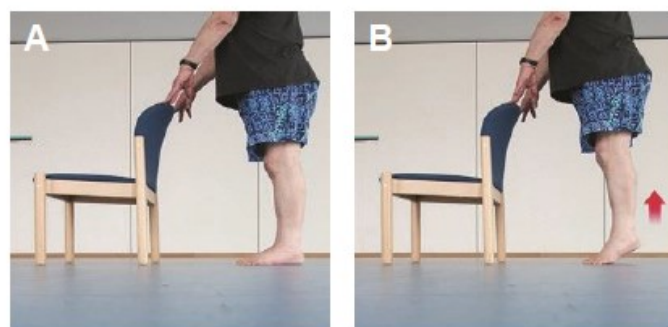
- A.** Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.
 - B.** Stand up slowly, using your legs, not arms. Keep looking forwards, not down.
 - C.** Stand upright before slowly sitting down, bottom-first.
- Aim for five repetitions - the slower the better.

Mini Squats



- A.** Rest your hands on the back of the chair for stability & stand with your feet hip-width apart.
 - B.** Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.
 - C.** Gently come up to standing, squeezing your buttocks as you do.
- Repeat five times.

Calf raises



- A.** Rest your hands on the back of a chair for stability.
- B.** Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled. Repeat five times.

Self-care Challenge- part 3

THIS WAS INSPIRED BY THE IDEAS SHARED BY DAISIES AND PIE

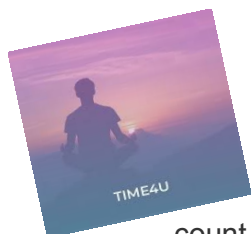
WHAT IS SELF CARE? – Simply looking after yourself – choosing to do any activity that makes you feel good and promotes happiness and wellbeing. It feels good to feel good!

AUGUST- SELF CARE CHALLENGE- MAKING A SMALL CHANGE

In line with our theme of “change” this activity encourages us to consider the things that many of us do, as part of our daily routines, but without giving much thought to the pleasure that they bring us. We invite you to explore the activities below or maybe come up with one of your own and consider how you can include them in your usual routine.

If you were able to do an activity, how did it make you feel? If we can recognise small positives, they become the building blocks on which we grow.

Remember- this is a nice thing to do for yourself – it should not feel like a chore.



1 – SELF CARE IDEAS – MEDITATION

Have a go at meditation – even if you are not 100% sure you are doing it right, try to stay in the moment – your mind will wander, but gently bring it back to the present moment, even if you struggle just enjoy taking the time to sit quietly and comfortably

It makes us feel good. TIP: Try focusing on your breathing, an object or sound or count from 1-9 and back again.

There are guided meditations you can follow with relaxation breathing techniques, which, if you practice regularly really come in handy when dealing with stress or anxiety in life.

2 – FEEL GOOD IDEAS – DANCE EVERYDAY

Just 10 minutes of dancing every day is BRILLIANT. Put the music up loud, and dance – you can mix this in with doing housework, cooking dinner or whatever you like!

Dancing and singing feel good (and are a sneaky fun way to add exercise into the day).



3 – FEEL GOOD ACTIVITIES – DONATE TO CHARITY

Go through your unwanted clothes and belongings, pull out ones you really don't need, bag them up and drop them at the charity shop. It makes your home tidier and less cluttered and feels good donating to charity.



4 – SELF-CARE IDEAS-TAKE A NICE, RELAXING BATH

Fill the bath with deliciously warm water, pour in your favourite bath oils or bubbles then enjoy a long soak.

Maybe treat yourself to a glass of wine or cup of tea – light some candles, read a magazine or book, listen to some soothing music. Just do what feels good.



5 – SELF-CARE IDEAS- BREAKFAST IN BED

Treat yourself to breakfast in bed – try croissants, fresh berries with thick creamy yogurt and a coffee, load that tray up and take it back up to bed.

For an additional treat, take time to read a magazine or newspaper.

6 – FEEL GOOD IDEAS- WRITE LETTERS

Not seen someone in a while? Missing someone? Then write some letters – spend an afternoon writing to old friends or loved ones, updating them on your life, tuck in some photos. Real letters are lovely.

7– FEEL GOOD IDEAS- TAKE A SOCIALLY DISTANCED WALK

Going outside can really change our mood, even a short walk can give us time out to enable us to enjoy our environment, notice our local surroundings and benefit from some gentle exercise. A walk may also give us the opportunity to connect with others, just a friendly ‘hello’ can make all the difference.



8 – SELF-CARE IDEAS - MAKE YOURSELF A LITTLE “QUIET SPACE”

Create a little retreat – somewhere you can just sit, out of the way, for a little quiet time, make sure it's comfortable, cosy and perfect for an afternoon nap or for curling up in with a good book or newspaper.

9 – SELF CARE IDEAS- HAVE A PICNIC IN THE GARDEN OR PARK



Spend the afternoon in the garden or the park – pack some lovely picnic food – spread a blanket out on the grass and spend a full afternoon having a nice lazy afternoon picnic. There's bound to be a sunny day in July– make the most of it. If you have no garden, you could go to the park or just sit near an open window, take in the sights and sounds.

10– FEEL GOOD IDEAS- WATCH THE SUN RISE

Get up early and grab yourself a coffee and toast, wrap up and head out into the garden, or sit by a window, listen to the birds sing and watch the sun rise.



Garden birds

Make a change, get more active, while you are out see how many of these birds you can spot!

Woodland Trust
naturedetectives

☐

Blackbird


☐

Blue tit


☐

Chaffinch


☐

Collared dove


☐

Great tit


☐

Greenfinch


☐

Magpie


☐

Robin


☐

Siskin


☐

Starling


☐

Treecreeper


☐

Woodpigeon



naturedetectives.org.uk

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WOODLAND
TRUST

Create a fab living salad bowl for a small space

Plant up your own salad 'factory' for your patio, balcony or windowsill.

What you will need:

- A medium container (old tin/bowl)
- Seeds: Lettuce, Radish, Spring onion and Spinach (you could also use Mustard, Beetroot , Rocket or a variety of lettuces)
- Compost



Step One:

Fill your pot or container with compost leaving a little room at the top.

Step Two:

Open your seed packet, pour the seeds out into your hand first, this will enable you to sow the seeds more evenly across the container.

Step Three:

Apply a thin layer of compost to lightly cover all of the seeds you have sown.

Step Four:

Water your pot and place it in a sunny spot on your balcony, windowsill, patio or in your garden. Don't let your pot dry out in sunnier weather.

Step Seven:

Enjoy watching the salad leaves grow, from your own home and from one pot- enjoy!



Fun Quiz answers

- 1) One of the top 10 audiences for British TV ever occurred this year. What was it? The Prime Ministers statement on the outbreak of Covid-19 was watched by 27 million viewers.
- 2) What connects xrays, penicillin, mauve, microwave oven, superglue? They were all accidental discoveries.
- 3) Launched in 1962, what was the first flavour of crisps launched in the UK? Cheese and Onion
- 4) Born in Berlin in last year, who are Meng Yuan and Meng Xiang? Pandas
- 5) What broadcast its 10,000th episode in February? Coronation Street
- 6) Which UK prime minister spoke English as a second language? David Lloyd George
- 7) Harley Bird recently retired as the voice of who? Peppa Pig
- 8) Who was dubbed Wagatha Christie for her online sleuthing? Colleen Rooney
- 9) Who is responsible for Yeezy trainers? Kanye West
- 10) What marine predator-themed song has over 2bn views on YouTube? Baby Shark
- 11) What is the connection between 'Martin' in France; 'Müller' in Germany; 'Rossi' in Italy and 'Smith' in the UK? The most common surnames in that country.
- 12) What connects Steph Houghton, Heather Knight and Sarah Hunter? They are all captains of England squads; football, rugby and cricket.
- 13) Each of these pictures is a mixture of 2 people. Can you name them both?



Oprah Winfrey
Jamie Foxx



Owen Wilson
Ben Stiller



Mariah Carey
Dwayne Johnson



Tom Jones
Ant McPartlin