



Newsletter

No 10

11/06/2020

I hope this newsletter finds you all well and finding things improving now that 'Lockdown' is slowly easing.

This week's Newsletter is all about 'Being your own Shed'. First let me remind you when I first came up with the concept.

Back in 2013 when I was very unwell with psychosis and virtually unable to leave my house, I looked out the kitchen window one afternoon and thought I had come up with the answer to all my problems. If I had a shed at the bottom of the garden with my GP, the psychiatrist and mental health nurse who all supported me, then whenever I became distressed, frightened or overwhelmed, I could shout out of the window and they would run up to the house to sort me out. Easy. They would give me all the time I needed, make me feel able to cope knowing they were 'on tap' and would never be far away. But I realized that however much I thought this would be the answer, I was aware of the flaws in my plan.



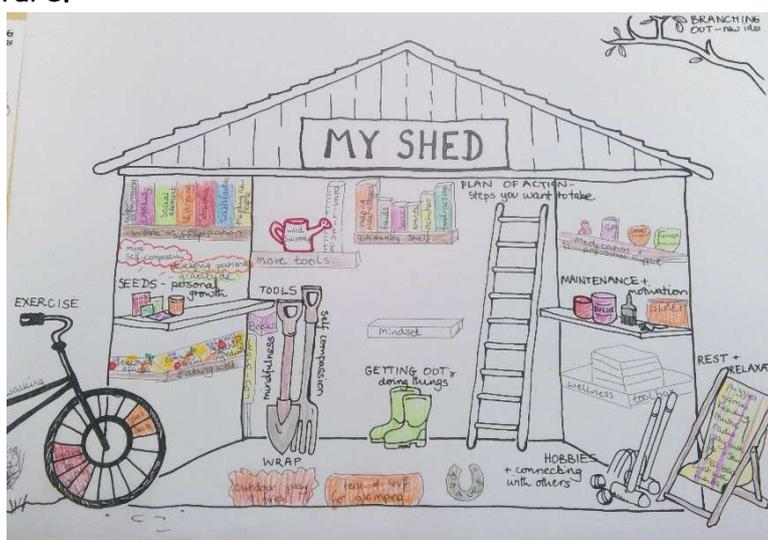
Once I became reliant upon them, I would probably need to take them wherever I went, to ensure my ongoing wellbeing. Tricky - the car wasn't big enough as I had a small baby at the time - let alone all the other logistical problems. Most importantly, I came to the realization that I would become so reliant on them that I would never become independent again and able to live a meaningful life without them. So, what was it they, as a group of professionals, provided for me that I felt I needed all the time? Well, I suppose they would make me feel: secure, safe, cared for, able to cope, more confident, less fearful and more resilient. Perhaps I could learn to do this for myself? Hence the concept of 'being my own shed' was born. I could have an imaginary shed with all the skills, tools, techniques and mindsets so that I could do it for myself and manage my own mental health and wellbeing. I also began to consider other areas of my life that would enable me to move forward and to live the life I wanted, regardless of the ongoing challenges in my life regarding my mental health.

So, it's basically about using the resources that are available to you and that you can develop to help you to move forward with your own 'recovery'. This might include some or all of the following:

- Develop an insight and understanding that you can learn to manage your own thoughts and feelings.
- Work out which resources online or via books and literature that might help you. Then start to do some work on them.
- Learn about useful ways of approaching life - for me learning about Self-Compassion and embedding it into my life has been huge.
- Taking up or re-introducing activities or opportunities in your life. This increases our self-esteem and 'can-do' confident attitude to life.
- Considering the people you have in your life and whether your relationships with them need some attention.
- Ensure that you are truly 'connected' to a few reliable and supportive people in your life. If not, how can I develop that?
- Ensure that I feel part of a 'tribe' - where I feel included, worthy, accepted and a part of something meaningful to me. That might be wider family, a club, spiritual opportunity, or group such as Recovery in Mind.
- Developing some personal skills such as assertiveness or mindfulness.
- Paying attention to your own self-care: sleep, eating well, smoking, drug use or alcohol consumption.
- How can I incorporate daily exercise into my life? A great benefit to our physical and mental wellbeing.
- My work/life balance. What do I want to do in my life to accomplish my work goals? How much do I need to earn, where and how often do I want to work, if at all? Maybe volunteering is right for me now. Whatever it is..... it's your life!
- Develop my ability to 'Take Notice' and live in the moment. For me not ruminating about the past or overthinking the future.
- Take personal responsibility for my own life and moving forward to feel more in control.
- Oh, and spend some time learning to like and accept yourself - you're worth it!

Best wishes

Angela and the Recovery in Mind Team



Don't miss Angela on Kennet Radio on a Friday morning just after the news around 8:03am!



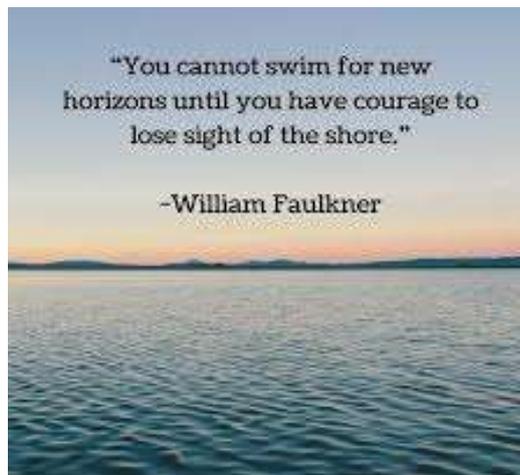
In This Week's Issue

- Driving - a skill that may need practising by Gillian
- Just in case by Charlotte Mitchell
- Angela's 'Be your own shed'
- What would you put in your 'shed'?
- Positive Thinking Messages
- Are you becoming demotivated or procrastinating? By Gillian
- An unexpected mindful Sunday Walk by Helen
- What would you like to see from your window? By Sarah
- 'What's in my Shed?' wordsearch by Fiona
- Students' Corner
- External links and further help and support

On Wisdom and Perspective taking

We do not receive wisdom,
we must discover it for ourselves,
after a journey through the wilderness,
which no-one else can make for us,
which no one can spare us,
for our wisdom is the point of view from which we come at last to
regard the world.

Marcel Proust



Driving - a skill that may need practising?

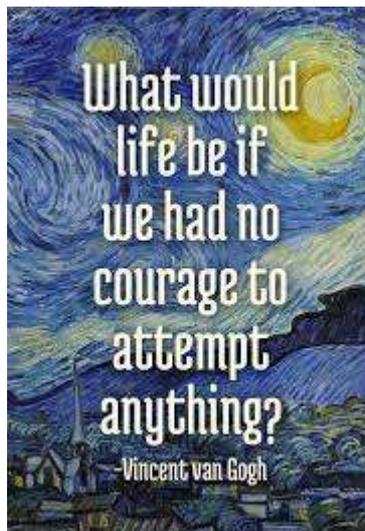
Thinking about the "tools in my shed" and what skills I have, set me thinking about driving as we come out of lockdown. The first time I drove after not having done so for some weeks it was a rather strange experience. I found it difficult to concentrate because I was busy "noticing" what had changed since I last went out. The trees had blossomed and grown leaves.



The shops were shut and those that were open had queues outside. This is a time when NOT to notice your surroundings unless it is to do with driving. I found driving tiring. I found some of my limbs got stiff because they weren't used to sitting still. At the moment the traffic is generally lighter than pre-lockdown. This may be a good time to start practising if you have not already. Start with a short journey just to see what it feels like. Then gradually increase the distance if it is

appropriate to that. It may not be advisable to set out on a long journey if you have not driven for a while. If the roads are a bit scary try driving around somewhere quiet first, like the car park of a superstore that is closed, or an industrial estate in the evening while it is still light. Something I have noticed is the number of parked cars on residential roads. This can be quite challenging to negotiate. If you feel anxious about going out on your own take someone supportive with you.

When not practised regularly some skills deteriorate. Driving might be like this for you. If this is the case, take it slowly and gradually, and you will start getting the hang of it again. Gillian



Just In Case

"I'm going to the sea for a weekend,
in a couple of days I'll be back,
so I'll just take my little brown suit and a blouse
and a beret and carry my mac.

But what if the house is a cold one,
the house where I'm going to stay,
no fires after April, no hot drinks at night
and the windows wide open all day?
I'd better take one - no, two cardys
and my long tartan scarf for my head,
and my chaste new pyjamas in case they decide
to bring me my breakfast in bed,
and what about church on Sunday?
I could wear my beret and suit,
but if it were sunny, it would be a chance
to wear my straw hat with the fruit.
I can't wear my little brown suit, though
not with the straw and the fruit,
so I'll just take a silk dress to go with the straw
and a silk scarf to go with the suit.
I'll just take my jeans and that jumper
in case we go out in the car,
and my Guernsey in case we go out in a boat
and d'you know where my swimming things are?

D'you think I should take that black velvet
in case they've booked seats for a play?
And is it still usual to take your own towel
when you go somewhere to stay?
I had thought of just taking slippers,
but they do look disgustingly old,
I'd better take best shoes and sandals and boots
for the church and the heat and the cold.

I daren't go without my umbrella
in case I'm dressed and it rains;
I'm bound to need socks and my wellies
for walking down long muddy lanes.

I'd rather not take my old dressing gown,
it's such a business to pack,
but s'pose they have breakfast before they get dressed
I'd have to have mine in my old mac.

I'm going to the sea for the weekend,
in a couple of days I'll be back,
so I'll just take my little brown suit and a blouse,
two cardys, my long tartan scarf,
my chaste new pyjamas
my straw hat with the fruit,
my silk dress, my silk scarf,
my jeans, that jumper,
my Guernsey, my swimming things,
my black velvet, my towel,
my slippers (no one need see them)
my sandals, my boots, my umbrella
my socks, my wellies
my dressing gown, no, not my dressing gown,
Ok my dressing gown,
and a beret and carry my mac.

By Charlotte Mitchell



Angela's "Be Your Own Shed"

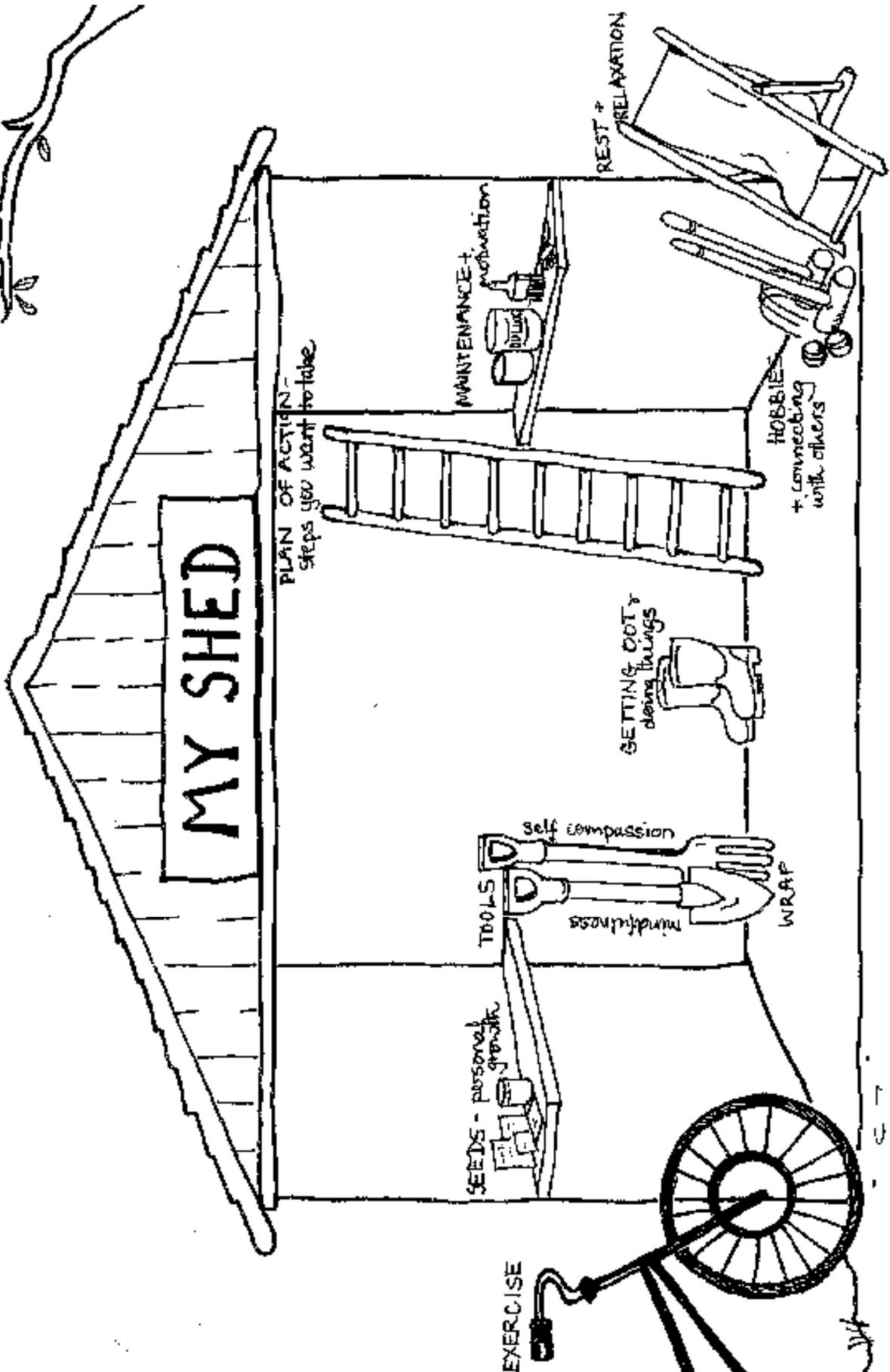
Altogether inspirational
New idea that
Gets you thinking....
Everything in my life
Logic suggests,
Abounds with choices.
Straight forward progress
Be it in tiny steps,
Eventually results in
You finding your
Own goals,
Understanding some past mistakes and
Relative achievement.
Our hope is for you to
Wander into a
New normal that
Suits you well,
Helps you cope and
Eventually....
Develops your Recovery in Mind.

This acrostic poem uses the letters of the title to start each line on which the work is based.

How about trying something like this yourself on a different topic? We'd love to see the results!

What would you put in your 'shed'?

BRANCHING
OUT - NEW IDEAS



Here are a selection of **positive thinking messages** that you can keep in your mind (or your shed!...or write down for easy recollection) for when you become aware that you're thinking more negatively about things:

Relaxing through my feelings....I will learn to face my fears.

This feeling isn't comfortable.... but I can handle it.

I can feel anxious but ... still I can deal with this situation.

By staying present and focused on my task my anxiety will decrease.

Anxiety won't hurt me.

Feeling tense is natural... It tells me it's time to use coping strategies.

Fighting this will not help me..... I will just relax and breathe.

This is not a real emergency..... I can slow down and think about what I need to do.

This feeling will go away

Things are not as bad as I am making them out to be.

These are just thoughts ... not reality.



Are you becoming de-motivated or procrastinating?

Over the last week or so I have heard people say, "I can't be bothered". It seems that some people have settled into the lockdown so comfortably that they have lost their motivation. Back in March I wrote a long list of things I could do during lockdown, anticipating I would become bored. But somehow time gets filled and hardly anything on the list has been accomplished. This does not particularly bother me; I seem to have developed a lockdown sense of there is no rush to do anything. I have heard others express exactly the same thought. However, at some point life will pick up again and levels of activity will increase. When that will be, we don't know, but I am hoping that it will be sooner rather than later! In the meantime, I am thinking about motivation. Is it that we lack motivation or are we procrastinating?

What Is Motivation?

Motivation is the desire to act in service of a goal. It's the crucial element in setting and attaining one's objectives—and research shows that people can influence their own levels of motivation and self-control.

Motivation can have many sources. Motivation might be extrinsic, whereby a person is inspired by outside forces—other people or events that transpire. Motivation can also be intrinsic, whereby the inspiration comes from within a person—the desire to improve at a certain activity. Intrinsic motivation tends to push people more forcefully, and the accomplishments are more fulfilling. Everyone feels demotivated at times. If you're chronically unmotivated, or unable to begin a task that is of clear importance, several possibilities are in play. Your goals may be too big or too vague and need to be broken into smaller components. You may lack confidence, rather than motivation, and are therefore afraid to proceed. Similar to a lack of confidence are perfectionism and procrastination. If you doubt your ability to accomplish the task at hand, you may feel anxiously motivated but incapable of taking action. It may be worth looking at what your thoughts are about the task or goal. Is the goal /task really important to you? Are frightened of failing? Do you lack the skills to do it?

What is procrastination?

Procrastination means putting off something that we need to do. Most of us procrastinate to some extent. We have all said, "I'll do that later" or, "I must get round to doing xyz." Procrastination often amounts to deliberately not confronting our fears. It flourishes in two optimal conditions. First, when the task is not too urgent - we do not have to do it right now- there is time to do it in the future. Second, when there is something more pleasurable to do now. Procrastination is usually about putting pleasure before pain.

7 ways to overcome procrastination and motivate yourself.

- List the advantages and disadvantages of procrastinating
- Just do it
- Plan it
- Break the task into smaller parts
- Think differently
- Plan rewards and reinforcements
- Set deadlines and work towards them

Every day spent
procrastinating is
another day spent
worrying about that
thing. Do it now, and
move on with your life!

WWW.XEROBESTQUOTES.COM

Hopefully, by following this method I will get the dining room curtains hemmed and the windows cleaned!!! Gillian

An unexpected mindful Sunday Walk



After 10 weeks of doing the same selection of walks from our front door the dog was getting a little bored of the same fields and paths to sniff, so my husband and I thought we would drive to a neighbouring village and try a new route. We parked at Hermitage Village Hall to walk the recently finished path that follows the old railway line to Hampstead Norreys. It is a relatively flat walk with a great surface for cyclists, runners, walkers and push chairs alike to follow, plus it was shady under the trees. It is approximately 2 miles in length and you appear by Hampstead Norreys Village Hall.



What we had not expected to see were hand-made signs along the way with inspirational and mindful quotes on them which gave us something to think about and discuss whilst we strolled along looking for the next one.



Next time we do the walk we will plan it for when the Community shop is open in Hampstead Norreys so that we can stop for an ice-cream or cup of coffee before the walk back.



However, when we arrived home we were greeted by cooking that our daughter had done with a biscuit taste test.....they both got my vote with a cup of tea! Helen



What would you like to see from your window?

There have been many creative ideas during lockdown about what you can see out of your window, but is there a different view you might like to look at instead? Here is the ideal opportunity to draw / paint your own holiday that you have fond memories of / a holiday you dream of / a holiday cancelled due to lockdown!





'What's in my Shed?' Word search by Fiona

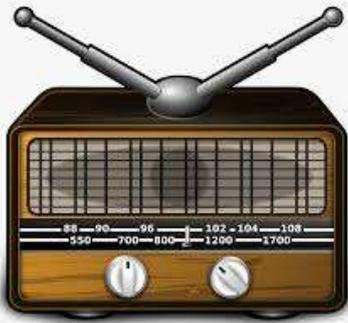
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Resourcefulness
 Personal growth
 New perspective
 Mutual support
 Connecting
 Other students
 Shared experience
 Steps you want to take
 Getting out
 Motivate
 Exercise
 Purpose

Achieve
 Trust
 Goals
 CMHT
 Relax
 Me
 Branching out
 Strengths and assets
 Healthy living
 Plan of action
 Realisation of goals
 Personal qualities

Self compassion
 Challenging me
 Maintenance
 Opportunity
 Hobbies
 Safety
 Tools
 Control
 Rest
 GP
 WRAP (Wellness Recovery Action Plan)

Students' Corner



I have been updating a nineteen sixties radio with valves in it. That takes special care because the voltages are particularly dangerous. Not to be dealt with lightly. As the set has not been used for a number of years then it is safe as it is. The first thing that I did was to cut the mains plug off. This was because old plugs have long metal pins which will give you a shock if you try to remove them with one hand. I shall replace it when the project is complete.

I am having to use modern components which are physically very different to those in 1965, and some of the important ones are worn out. These need physical adjustments of layout since there are more actual parts. People from the radio club are assisting with the work. Accordingly, I am having to use my mechanical skills as well as the electronic ones to provide space in a safe manner.

On completion, when the works are safely in the cabinet, then they will be safe, but I have had to buy parts and tools to do the job. Keeps me occupied during this virus thing too. If I get it right then the radio will have a new lease of life at the end, and my mind is being occupied. Regards, A



I hope you have all been coping with this coronavirus pandemic and managing to keep yourself busy? I have spent most of the time painting fence panels, which then led to me painting the shed and raised beds in Cuprinol Coastal Mist! It has certainly made a

difference to the garden!

It's not just what goes on inside but on the outside too! When we talk about recovery and the tools of our shed, a small treat to ourselves, whether buying a new T-shirt or painting our nails, it sends good feelings to our brain too!

I have also been doing my artwork, from pencil, watercolours, oil pastel drawings, and my art teacher told the whole art group how proud she was of me! That I managed to get the smooth buttery blend, again only having one lesson in oil pastels! My zebra was done in drawing ink!

I have also had my first game of tennis since lockdown, it felt so good to get back on to the tennis court.

My message is quite simple - keep going, you're doing just fine! N



External Links

A fun link to The World's Coolest Sheds!

<https://whatshed.co.uk/the-worlds-coolest-sheds/>

And, also to George Clarke's Amazing Spaces

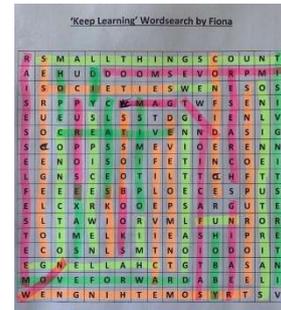
<https://www.channel4.com/programmes/george-clarkes-amazing-spaces>

Answers to last weeks' Covid-19 Quiz and word search



10 parts of logo's are

Corona Extra, Coca-Cola, Visa, Marmite, Disney Plus,
United Nation's Covid-19 Response Logo, Sky Q,
United Airlines (old logo), Tropicana and Heinz.



Further Help and Support

If you are struggling with your mental health and feel that you need further help & support here are some contact numbers for you:

West Berkshire Community Mental Health Team- 01635 292020

CRHTT (Crisis Response and Home Treatment Team)- 0300 365 9999

Samaritans - 116 123

NHS - 111 (number to call should you feel you are physically unwell with Coronavirus or indeed any other physical health condition which is deteriorating.

West Berkshire Community Hub is where you can find out information and support locally for a variety of matters relating to Coronavirus - look at their website (cut and paste this into your internet browser) <https://info.westberks.gov.uk/coronavirus-communityhub>

The Age UK Berkshire Befriending and Buddying scheme is now open for referrals. Enquiries should be made directly to Age UK Berkshire by emailing info@ageukberkshire.org.uk or calling 0118 959 4242

999 is for **EMERGENCY** calls only.