



# Newsletter

No 3

09/4/2020

## Welcome and Introduction

Well, I can't believe that this is the third edition of our weekly Newsletter!

It's our hope that you're beginning to find a structure & routine that works for you in this 'new normal' that we have to adopt.

Humans often find 'change' challenging and we're certainly having to adapt ourselves & our lifestyles currently - a feature of these ongoing newsletters & indeed our courses.

We are pleased to say that our title this week is 'Self Compassion'- a topic close to our hearts as we've taken on board the concepts having devised the RinM course over the past few years. Whether or not you have attended the course, we hope that you find this newsletter interesting & informative as we feel the subject is relevant to human-kind & particularly important currently.

This week's newsletter is a 'Bumper' version full of articles to dip into over the next 2 weeks as we won't produce one next week due to the Easter holidays. We'll be in touch with our next newsletter on 23<sup>rd</sup> April which will be the start of our "Five Ways to Wellbeing" series, with 'Connect with others'.

We hope you are doing well and send our best wishes.

Fiona & the Recovery in Mind Team

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



Our audio guest this week is Deborah Lee who shares her top tips for Self-Compassion specially recorded for Recovery in Mind students.

<https://recoveryinmind.org/deborah-lee-self-compassion/>

Password DEBLEESC9420

## In This Week's Issue

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When we're in touch with our common humanity, we remember that feelings of inadequacy and disappointment are shared by all. This is what distinguishes self-compassion from self-pity. Whereas self-pity says, "poor me," self-compassion remembers that everyone suffers, and it offers comfort because everyone is human.

—Kristin Neff

[tonibernhard.com](http://tonibernhard.com)

## My own Journey of Self-compassion by Angela

I'm aware that during my childhood it was instilled into me 'to think of others before yourself'. I think that's a very normal way to encourage children to ensure they think of others and not be selfish. My parents, as many of ours did, thought that they were teaching us life lessons that would give us a good grounding. However, I began to realise soon after my first breakdown in 2013 that I seemed particularly harsh on myself and rather over-critical. Perhaps I had taken my parents' teaching so literally that I wasn't able to consider putting myself as high a priority as others in my life. This was a theme that came up several times (in fact many) during my treatment for psychotic depression and PTSD. I could feel a deep sense of compassion for others, but I could not apply the same sense of compassion to myself. It seemed to me to go against everything that I had been taught as a child. Roll on to 2016 when I was at a NHS conference in Reading and I heard Deborah Lee talk about Self Compassion being good for good mental health, how you can learn it and why it's so important for everyone regardless of whether you have experienced mental health issues or not. Deborah kindly offered to share a training course that she had devised with us. All of us at Recovery in Mind had heard the difficulties students had with the concept of Self Compassion and 'treating (and talking) to yourself as you would a close friend'. In fact, it came up time and time again. We have now delivered our 4-week 'Self Compassion' course four times and each time it has been very well received and a 'game changer' for many of our students. For me personally I have learnt the theory and developed my Self Compassion skills and I think it's probably had the most profound effect on my mental health. It wasn't easy at first. I struggled with it enormously but after about a year I found myself feeling more at ease with myself and a lot kinder to myself. It's also helped me enormously to live 'in the moment'. I had always had a tendency to either worry about what had happened in the past (what can we do about that?) or over-plan the future. Even at present with life being difficult I'm managing much better as I'm living day to day.

Deborah Lee has written books and is part of the Compassionate Minds Foundation. Take a look at their website where they have lots of information and resources to learn from:

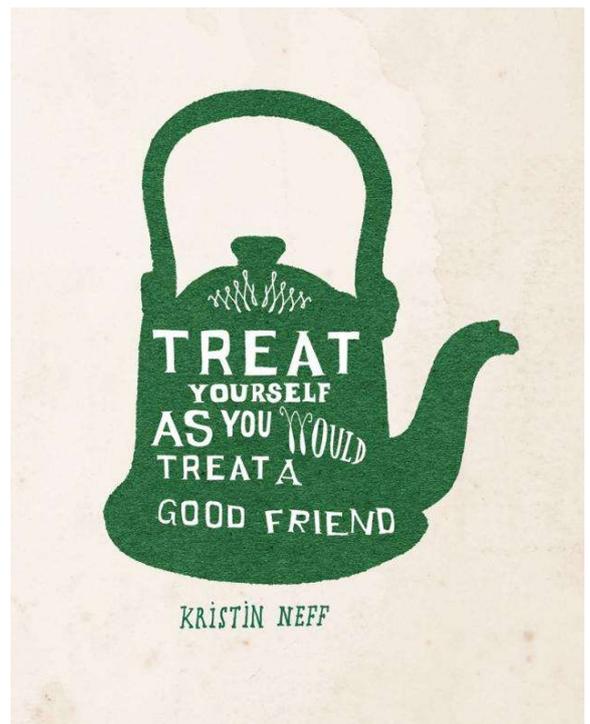
<https://www.compassionatemind.co.uk/resources>

Our thanks go to Deborah who supports the work of Recovery in Mind and shares some of her insights in this newsletter.

To listen to a message from Deborah please follow this link...

<https://recoveryinmind.org/deborah-lee-self-compassion/>

Password DEBLEESC9420



# Self-Compassion is:



## Self Kindness

Be loving towards ourselves, instead of self-critical.



## Common Humanity

Everyone suffers. You are not perfect. No one is. You are not alone.



## Mindfulness

Notice our struggle. Feel it, instead of being reactive. Be with it, avoiding self-judgement or overreaction.

From the work of Kristin Neff

### Mindful words 3

Stop moving to become still  
And the stillness will move

## 'Self-Compassion' Wordsearch by Fiona

S	S	E	N	L	U	F	D	N	I	M	W	B	K	U	W	S	S
E	L	I	F	E	A	R	S	A	N	D	B	L	O	C	K	S	O
L	A	T	N	E	M	E	G	D	U	J	N	O	N	U	I	E	O
F	U	R	T	U	E	N	C	O	U	R	A	G	E	M	E	N	T
C	N	E	R	E	V	I	G	R	O	F	L	O	W	A	N	D	H
O	D	C	O	R	I	S	C	O	N	F	I	D	E	N	C	E	I
M	E	N	F	U	R	I	D	E	A	S	T	A	E	R	H	T	N
P	R	A	M	O	D	E	S	A	E	D	U	T	I	T	A	R	G
A	S	T	O	I	U	E	C	N	E	I	L	I	S	E	R	A	R
S	T	P	C	V	C	F	T	D	E	R	E	W	O	P	M	E	H
S	A	E	W	A	R	M	T	H	E	R	E	M	P	A	T	H	Y
I	N	C	T	H	E	A	L	I	N	G	O	A	L	S	R	E	T
O	D	C	S	E	L	F	W	O	R	T	H	S	K	I	L	L	H
N	I	A	R	B	Y	K	C	I	R	T	E	C	A	R	G	O	M
D	N	I	K	E	H	T	O	O	S	T	R	E	N	G	T	H	N
E	G	D	E	L	W	O	N	K	N	O	M	O	D	S	I	W	A
A	L	U	F	M	R	A	H	T	O	N	L	U	F	P	L	E	H
N	O	I	T	A	I	C	E	R	P	P	A	B	R	E	A	T	H

Self-compassion

KUWS

Knowledge

Understanding

Wisdom

Strength

Acceptance

Empathy

Threat

Drive

Soothe

Encouragement

Appreciation

Goals

Gratitude

Resilience

Skill

Kind

Flow

Helpful not harmful

Self-worth

Wholeheartedness

Empowered

Non-judgemental

Warmth

Tricky brain

Fears and blocks

Soothing rhythm

Breath

Mindfulness

Confidence

Healing

Behaviour

Ideas

Grace

Forgive

Ease

Comfort

CFT (Compassion Focused

Therapy – worth looking up on-line)

Now.....show yourself some self-compassion by giving yourself 'space' to spend some time mindfully.

Think about what these words mean to you. If you have attended the self-compassion course.....go over your notes to remind you of what was discussed. Then apply some self-compassion to YOU! If you've not yet attended it....think about what each word means to you or even look them up in a dictionary or online and apply some of the positive aspects to yourself.

## 'Look, Label & Let Go'

- A useful tool for improving 'Self-Compassion'

For those of you who haven't attended our 'Self Compassion Course' I thought I would share with you the power of this short 'mantra' that we learnt as part of our team training. Many of us have a tendency to blame ourselves or feel guilty when something happens (the opposite of self-compassion which is self-criticism) that can disrupt our thought process. We can even get that feeling in our stomach and say to ourselves 'What have I done?' or 'It must be my fault?'

So here goes (my best explanation - bear with!)

**'Look'** - if something happens then look at it for what it is. Don't ignore it - put your 'brave pants' on and think it through. Trying to ignore it means it will keep popping up and continue to bother and worry you. For example: A family disagreement which you may or may not be directly involved with. So you have 'looked at it'.

**'Label'** - You might say to yourself well that is something that is happening right now that I should be doing something about, I'm doing my best to manage it as it's ongoing or that has nothing to do with me or my behaviour. So you have 'labelled it' - for example the 'disagreement' is nothing to do with me. I am being pulled into something that isn't mine to get further involved with.

**'Let Go'** - You have 'taken a look' at the issue, difficulty or event, you have labelled it for what it is NOW is the time to 'Let Go'. Not to go over and over the event, to blame yourself or others. You have dealt with it now 'let go'.

I have personally found this 'mantra' so helpful. It's so powerful and easy to learn. Perhaps it could be something you could add to your 'wellness toolbox'?



## ***From The Shape of time***

You aren't better than anyone.  
You aren't worse than anyone.  
You have been given the world.  
See what there is to see.

Protect what is around you,  
Hold who is there beside you.  
All creatures in their own way  
Are funny -

And fragile.

\*

Idleness is often empowering,  
Recreating oneself -  
Just as the moon gradually  
Grows full once again,  
a battery surely and  
steadily recharges,  
so everything, everyone  
must have time for the self -

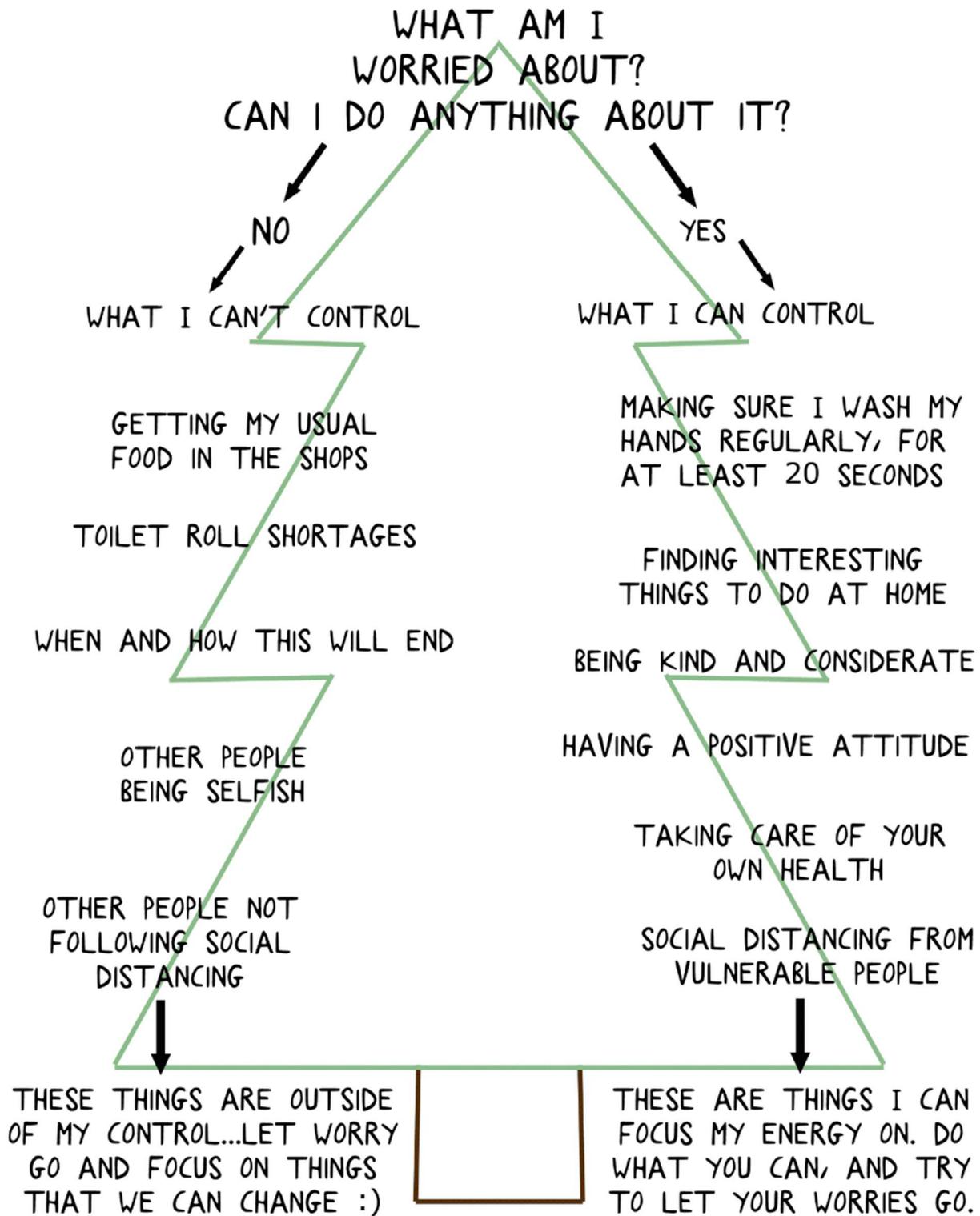
for mirth and laziness  
time to be human.

Doris Kareva

This is something that was sent to me that I found very useful.....

# THE WORRY TREE

## FOR THE CORONAVIRUS PANDEMIC



## How to make a pom-pom chick by Sarah

To make a chick, you will need: some card, a mug, an egg cup, some wool (yellow was used for this chick, but other colours are just as much fun), a 5p coin, scissors, pencil, glue, crayons and a darning needle (or you can use a matchstick/cocktail stick and some Sellotape instead).

- Draw around the mug twice - two big circles.
- Draw around the egg end of the egg cup - two smaller circles. Cut out all four circles.
- Place the 5p coin in the centre of both of the bigger circles and draw around it. Cut out these 5p sized holes.
- Draw smaller than 5p circles in the centre of the little circles and cut them out too.
- Pair up the big circles and then the little circles separately.
- Take a length of wool (as long as both arms stretched wide apart) and after poking one end through the hole of one pair of circles, tie a knot in the wool.
- Wrap the wool around the card edge and back through the hole over and over again, moving around the circle as you go. When you come to the end of the wool, tie on another length with a knot and continue.
- Wrapping the wool around the circles will take a little while. Continue until the holes are completely full of wool. When you have completed both they should look like this:



- Gently pull apart the wool around the edge to find the card circles and insert the tip of the scissors between the cards. Snip the wool all the way around the circle. Repeat with the other circle. Now wrap a length of wool between the card circles a few times and tie tightly. Repeat this process with the other one.
- With the larger circles take two lengths of wool (about 30cm each) and wrap them between the circles and tie off - two tails one way and two the other - see photo.



- Gently cut the card circles, one at a time, from the outside edge to the centre and remove carefully. Repeat with the smaller one. You now have the two pom-poms!

- Thread one end of the wool "tail" through the darning needle and pick up the centre binding wool of the smaller pom-pom and tie off - the head is now fitted.



- Take one of the smaller card circles, colour it green for the base of the chick.
- Thread one end of the remaining wool "tails" through the darning needle and push the needle through the base. Repeat this process with the last "tail" and then tie the "tails" together to fix the body to the base.... You may not need to see the base.
- With the remaining small card circle, cut out two small circles for eyes and a diamond for the beak. Colour and fold the beak and then stick them onto the chick.



We would love to see any pictures of your finished 'chicks' please email to [mail@recoveryinmind2016.com](mailto:mail@recoveryinmind2016.com) and we will include in the next newsletter.

Thanks to Lynette, one of our Peer Trainers, for writing and sharing her poem - Ode to Covid -19. Such creativity!

## ODE TO COVID - 19!

Coronavirus, Oh what a pain!  
But I certainly won't let it drive me insane  
Recovery in Mind will help me through  
Family, friends and **POSITIVES** too.

The News is on, I could have cried  
"Turn that news off, And go outside!"  
The birds are so busy - the blossom is out  
We'll conquer this virus I have no doubt.

We **will** get through this difficult time  
The "**Toolbox**" is open and we will be fine  
Listen? I can hear Angela about to call...  
..."We'll all soon meet up and have a ball!"

This is to All at Recovery in Mind  
Everyone there is just so kind  
Support and Strength, we gain from you  
There are many out there needing you too.

**Thank you** so much for being there  
I couldn't have done it without your care  
My brain's gone dead I can't think no more  
It's just as well as the verse is so poor!!

L.P. April 2020

## 'Self-Compassionate' Banana Ice Cream

This recipe is a little bit of magic for you over the 'Easter break'. It is so quick & easy that you will show yourself compassion by making it as it is **TOTALLY** healthy & delicious (+ you'll wonder why you've not been making it for ever!)

All you need is bananas (at least 1 per person), a freezer & a blender of some kind. The bananas can be as old as you like because it makes no difference to the finished product (except perhaps that old brownish, 'shall I throw them out?' bananas are sweeter). This is a really good recipe to use up those old, brown bananas that are past their best. Children **REALLY** love to eat this but also have fun making it too!

Method:

1. Peel & break bananas into smallish pieces & place them on a baking tray.
2. Place the tray of bananas into the freezer & leave them there over-night.
3. The following day, blitz your pieces of banana in the blender for a few minutes & watch as you do so, as they 'magically' turn into 'ice cream'. This is wonderful by itself (please believe me as I'm not really very keen on bananas ordinarily!) or you can stir in any of the following to 'ring the changes':

1 tbs Lemon/lime juice or Chocolate chips, or raisins soaked in a little rum, or sugar sprinkles, or chopped crystallised ginger or other dried fruit of your choice. You can eat your 'ice cream' by itself or serve it on top of other fruit such as a fresh fruit salad.

Happy self-compassionate pudding!



## Easter Biscuits



### *Ingredients*

- 8oz plain flour
- 4oz caster sugar
- 3oz soft margarine
- 1oz currants
- 1 egg
- 2 tsp mixed spice

### *Method*

Cream margarine and sugar until light and fluffy. Beat in the egg thoroughly, then fold in the sieved flour. Add the currants and form a stiff dough. Rollout to  $\frac{1}{4}$  " thick and cut out. Place on a baking sheet with greaseproof paper on. Bake at 375 F 190 c or gas 5 for 10 - 15 minutes.

## Chocolate Easter egg nest cakes

### Ingredients

225g/8oz plain chocolate, broken into pieces  
2 tbsp golden syrup  
50g/2oz butter  
75g/2 $\frac{3}{4}$ oz cornflakes  
36 mini chocolate eggs



### Method

Line a 12-hole fairy cake tin with paper cases.

Melt the chocolate, golden syrup and butter in a bowl set over a saucepan of gently simmering water (do not let the base of the bowl touch the water). Stir the mixture until smooth.

Remove the bowl from the heat and gently stir in the cornflakes until all of the cereal is coated in the chocolate.

Divide the mixture between the paper cases and press 3 chocolate eggs into the centre of each nest. Chill in the fridge for 1 hour, or until completely set.

## Other Traditional Easter Treats.....



**Simnel cake** is a light fruitcake formerly eaten during the pre-Easter period in the United Kingdom, Ireland and some other countries but has become a traditional cake for Easter Sunday. It is distinguished by two layers of almond paste or marzipan, one in the middle and one on top. The top layer is capped by a circle of "eggs" made of the same paste and is lightly browned under a grill. It was originally made for the fourth Sunday in Lent, also known as

Laetare Sunday, the Refreshment Sunday of Lent (when the forty-day fast would be relaxed) Mothering Sunday, the Sunday of the Five Loaves, or Simnel Sunday - named after the cake. However, in more recent times it is also eaten throughout the pre-Easter period, and especially on Easter Sunday. While the popularity of simnel cake waned throughout the twentieth century, it has recently enjoyed a marked resurgence, which has been largely attributed to public endorsements by a number of prominent bakers.

The origins of **hot cross buns** may go back as far as the 12th century. According to the story, an Anglican monk baked the **buns** and marked them with a **cross** in honour of Good Friday. Over time they gained popularity, and eventually became a symbol of Easter weekend.



## Steps to Happiness Everybody Knows:

You can't be all things to all people.

You can't do all things at once.

You can't do all things equally well.

You can't do all things better than everyone else.

Your humanity is showing just like everyone else's.

So:

You have to find out who you are, and be that.

You have to decide what comes first, and do that.

You have to discover your strengths, and use them.

You have to learn not to compete with others,

Because no one else is in the contest of "being you".

Then:

You will have learned to accept your own uniqueness.

You will have learned to set priorities and make decisions.

You will have learned to live with your limitations.

You will have learned to give yourself the respect that is due.

And you'll be a most vital mortal.

Dare to Believe:

That you are a wonderful, unique person.

That you are a once-in-all-history event.

That it's more than a right, it's your duty, to be who you are.

That life is not a problem to solve, but a gift to cherish.

And you'll be able to stay one up on what used to get you down.

Anon



## External Links

### Website of the Week!

The Blurt Foundation has lots of helpful advice about managing your mental health. It's also a very cheery and positive website - in fact, one of my favourites!



The link below will take you to their 'Coronavirus Helpful Hub' and includes information about:

- Knowledge is Power
- Managing Anxiety
- Money Worries
- Keeping Busy and Connected
- Parenting
- Living In Close Quarters
- How to Get More Help

<https://www.blurtitout.org/resource/the-coronavirus-helpful-hub/>

You might like to watch this Youtube 6 minute clip by Kristen Neff, a psychologist, who talks about the Three Components to Self-compassion. I sometimes listen to things like this 2 or 3 times so that it really starts to sink in. Here's the link

<https://www.youtube.com/watch?v=11U0hODPu7k>

## Activity ideas for the bank holiday weekend and school holidays

The holiday season has arrived and this will be an Easter holiday not like any you have experienced before. It may be that over this period you might visit a museum or do activities outdoors with family and friends. Although nothing can replace those exactly if you follow the links below you can experience them in another way.

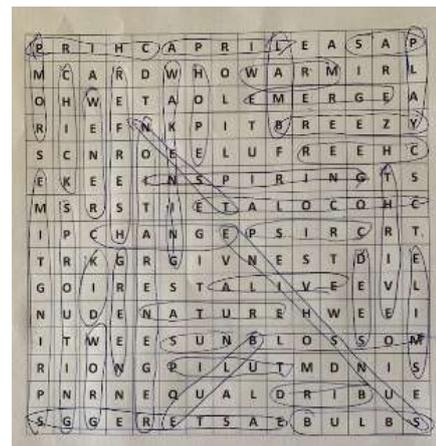
[https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/?utm\\_campaign=2627540\\_b04\\_13872\\_Mar20\\_charter\\_enews\\_20200310&utm\\_medium=email&utm\\_source=woodlandtrust&MailingCode=C19CHSE01&dm\\_i=2D76,1KBF8,8ZN30M,5AIQ0,1](https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/?utm_campaign=2627540_b04_13872_Mar20_charter_enews_20200310&utm_medium=email&utm_source=woodlandtrust&MailingCode=C19CHSE01&dm_i=2D76,1KBF8,8ZN30M,5AIQ0,1)

[www.birminghammuseums.org.uk/bmag/virtual-tour](http://www.birminghammuseums.org.uk/bmag/virtual-tour)

<https://collection.sciencemuseumgroup.org.uk/>

<https://www.nationaltrust.org.uk/features/blossom-watch>

## Answers to last week's wordsearch



## 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>

999 is for **EMERGENCY** calls only.

## Your Newsletter Needs You!

**"You can cut all the flowers but you cannot keep spring from coming."** Pablo Neruda



I came across this quote which seems very apt for these times. It may feel as though many things in life have been cut and our lives stripped right back to the bare essentials. Yet, despite the pain and suffering caused by the spread of the coronavirus, spring has come, and keeps coming, and with it new life and growth and hope. When I was out for my daily walks over the weekend I noticed not only blossom but budding leaves on some of the trees, and saw foals and lambs in the fields - such an uplifting scene.



You have heard quite a lot from us over the past couple of weeks. We would love to hear from you too, so perhaps over Easter you might like to send in your stories, thoughts, reflections etc about how you are managing in this different phase of life that we all find ourselves in. You can send us written pieces or pictures, anything that you've found helpful or hopeful over the past few weeks - such as new ways you've found of keeping active at home, or things that you've discovered; ways of practising and developing self-compassion; strategies for structuring your time, managing living alone or with family members in close proximity 24/7! Do share your creative ideas and achievements with us too, whether that's a painting or craft activity, DIY, a piece of learning, music, gardening, cooking, baking, a new way of exercising or connecting with others, puzzles or games that you've enjoyed...in short, anything that we can share and celebrate together as part of the 'Recovery in Mind' community.

We look forward to hearing from you soon!  
Happy Easter and best wishes,  
Cath and the Recovery in Mind team

