



Newsletter

No 5

23/4/2020

Welcome to Newsletter Number 5! This week our focus is on 'Keep Active'. There are so many ways to keep our bodies and minds active even when we are self-isolating inside our homes. Over 4 weeks of our 'new normal' has passed and we have all had to adapt. I have found myself keen to get out for my daily hour of exercise which is something that I wouldn't have cherished so much before 'Lockdown'. I've dusted off my old bicycle and enjoy the wonderful sunshine and all that Spring is providing for us. This week we have lots of ideas and suggestions for you to keep physically active, but also plenty to keep our minds active and positive. In addition, it has been lovely to hear from so many of you and what you have been doing to occupy yourselves. We have really enjoyed this part of developing the newsletter so please do send anything you would like us to include in future newsletters. As each one has a theme we have plenty of opportunities to share your work and ideas in future weeks.

At Recovery in Mind we often refer to our recovery in terms of a 'personal journey' and just as many of us were settling on that journey along comes a challenge for all of us who share planet Earth. For me personally, I feel like I have been driving along a smooth road for a while and now the road is filled with massive potholes, many diversions and I find myself alone at times on a rickety bike that I have had to learn how to ride again - this IS life now but it won't be like this forever. It will make me re-think my recovery, the journey I am taking, friends and relationships, what tools do I need to add to my metaphorical toolbox and whether I need a car at all - perhaps the bike is my new mode of transport for my ongoing 'journey'. So yes, things are wobbly at present - there is no denying it - but we are here for you with the newsletter at present, then with our group courses once we are able to get together again..... and remember more HOPEFUL days are ahead.

Best wishes and stay safe
From the entire 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

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"Your present circumstances don't determine where you can go;
they merely determine where you start."

Nido Qubein

I drew a line.....

I drew a line:
this far, and no further,
never will I go further than this.
When I went further,
I drew a new line,
and then another line.
The sun was shining
and everywhere I saw people,
hurried and serious,
and everyone was drawing a line,
everyone went further

TOON TELLEGEN

"Take care of your body. It's the only place you have to live."

Jim Rohn

My favourite way to Keep Active....

I have always been a keen swimmer. My dad taught me to swim when I was a small child and always made it great fun. I was a 'water-baby' my dad would say. I do enjoy a few lengths in a swimming pool especially outdoors if I get the chance.

I also love to swim in the sea and will spend hours body boarding in the rough seas in Cornwall with my family in the summer holidays. I love the feeling of being thrown around by the waves like I am in a huge powerful washing machine powered by nature. The saltiness, the temperature, the never- ending view and the thrill of the deep water is wonderful. So yes, I do love swimming and playing in the water.

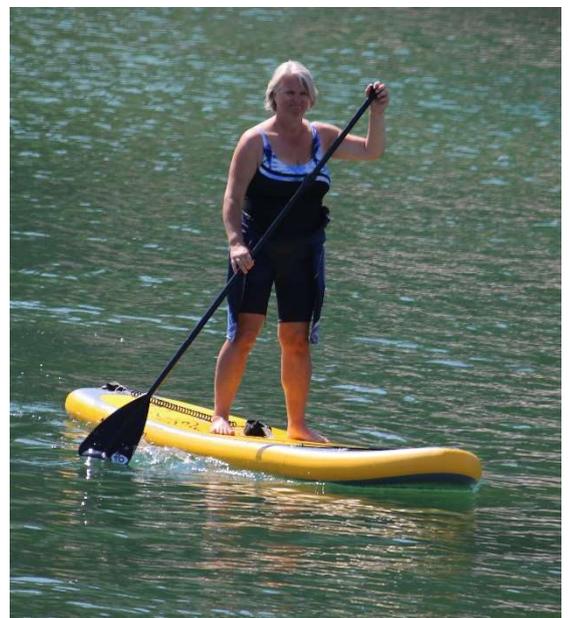
I did my Life Guarding certificate when I worked at a boarding school for children with special needs, and swam almost daily with them, which I also loved. The children were free and able to move in the water and it felt special to share the sense of freedom and equality that the opportunity to swim together provided.

In the last few years I have also developed a love for swimming in the Thames. It has to be a hot day and not too busy as there can be boats and other water-craft around. I swim near Abingdon in Oxfordshire. My entering point is about 15 minutes walk from a road. It's a shallow beach of muddy sand - soft and smells 'earthy'. I always swim against the tide first then when I have had enough I turn and bob back down river often floating on my back like a sea otter! It's important to think about where and when you swim. I like to swim when there are other people on the river-bank in case I have a problem. But I'm lucky I feel confident and safe in water. So imagine this..... when you get into the water it's warm on the top and gets colder to your feet which are often lower than your body. There are pond skaters on the water and lots of insects gently buzzing above the flow of the river. I love to swim about 5 feet from the bank so that I swim through the willows that drip into the water. They are a beautiful lime green for most of the summer. My eyes are just above the water and it's a different view of the river and nature from there and I love it. I have also seen herons, swam with ducks and yes seen a few fish swimming around or below me. The water is quite clear and clean. I am careful not to ingest much water as it can make you quite unwell.

Last summer I also learnt to paddle board which was great fun. It took me 2 hours of falling off the board before I was able to stand up much to the amusement of the people crabbing on the harbour wall. By the end of the afternoon I was paddling out to sea around the lifeboat in Tenby.

I've been dreaming of the river and its going to be one of the first things I'd love to do when its safe again to do so.

Angela



Activities to Try out at Home

Here are some suggestions of unusual, fun and slightly quirky activities you might like to have a go at home, taken from the 'Exploration of the day' website (www.explorationoftheday.com).

1. **Consumer**

Make a list of everything you consume in one day. You could add drawings or photos too, and make a poster.

2. **Map of the Homestead**

Make a map of your current living situation, to include all indoor and outdoor space you have full access to. If you feel daring you could also add sections that you wish you had in real life!

3. **"What if" drawings**

Make a series of "What if" drawings, eg "What if I did a drawing just based on texture?" "What if I did a drawing with only straight lines?" "What if I made a grid and filled in every square differently?" "What if I did a drawing with one continuous scribble?" "What if I used colour and no shapes?" "What if I used only circles?"...etc. The possibilities are virtually endless!

4. **Colour Collection**

Collect small random objects you find around your home and arrange them by colour.

5. **Scavenger Hunt**

Collect as many things as you can find in your house (and/or garden) that are, eg black and white; or made of the same material; or the same shape or size or colour...etc. You can vary what you collect as much as you want. You could also make this an interactive/social event by turning it into a race, either with other members of your household, or online with friends or family members.

6. **Make a Spider Chart**

Make a spider chart (or spider diagram) of all the things you love. This is a great way of organising your ideas so you have a way of looking at all the information from a bigger perspective than you might usually. Make it visually interesting and fun by adding images and colour - you can be as creative as you like! Start with your name in the centre, then add sections such as favourite books, TV programmes, films, hobbies, activities, arts and crafts, cooking, gardening, walking, music, sports, nature, pets, relaxation/mindfulness...whatever applies to your life.

Have fun experimenting, and perhaps thinking up your own activities too. Do let us know how you get on, and feel free to share any ideas you have with us all.

Cath

Sport in Mind® is an independent mental health charity founded in Berkshire in 2010 with a simple mission:

"To improve the lives of people experiencing mental health problems through sport and physical activity"

We are the UK's leading mental health sports charity and deliver physical activity projects in partnership with the NHS in order to promote mental wellbeing, improve physical health, combat social isolation and empower people to move their lives forward in a positive direction.



Did you know that regular sport and physical activity is beneficial for your mental health? Physical activity has been shown to reduce stress, help maintain a healthy weight and lifestyle, build confidence and self-esteem, meet new people and make friends, reduce the symptoms of depression and anxiety and release chemicals in your brain that make you feel happy?

Our sessions are free or heavily subsidised, led by qualified coaches and designed to be fun, safe and welcoming for anyone who is experiencing mental health problems. In order to attend a session, all you need to do is drop-in - no need to sign-up or register, just come along to a session that suits you, complete one form, and get involved! We provide all the equipment and all abilities are welcome, so why not try and brand-new sport?! The sessions Sport in Mind deliver include football, yoga, badminton, table tennis, jogs/walks, tai chi and many more! Our aim is to make sport and physical activity accessible for everyone, so we have kind and understanding coaches who are supported by friendly and enthusiastic volunteers - meaning you can come along to a session and go at your own pace. We would love to see you at a session soon!

Currently, Sport in Mind sessions are not operating due to the Coronavirus, but we are running a series of initiatives aimed at encouraging people to remain physically active while at home. It is very important to continue accessing exercise in order to maintain a fit and healthy lifestyle, proper routine and to improve your mental wellbeing.

Sport in Mind have launched **#SoloSports** - which encourages people to try sports they can do individually and **#24DaysActive** - in which Sport in Mind encourages anyone to try our nominated sport or physical activity of the day which can be completed at home!

#SoloSports kicked off on Mid-March and aims to show ways of staying physically active at home - so far, we have seen basketball, hula-hooping and swingball. We challenge you to come and get involved and take on the scores set by the Sport in Mind staff!

#24DaysActive launched on the 1st April kicking off with skipping. Sport in Mind's founder, Neil Harris, will be attempting walking, football, bowls, dancing and shadowboxing! We challenge anyone to get involved and have a go - it is a great way to stay active and healthy at home.

You can find out more about these initiatives by following/liking Sport in Mind on:

Facebook - <https://www.facebook.com/sportinmind/>

Twitter - <https://twitter.com/sportinmind>

Instagram - <https://www.instagram.com/sportinmind/>

In addition, we are also asking our fantastic coaches to prepare video sessions for anyone to access during the lockdown and into the future. Our aim is to create a series of videos on our YouTube channel which can be used at any time. This will be uploaded onto our YouTube channel - https://www.youtube.com/channel/UCp4gwRm-dEoFCnan_69hsXA

Calum, from 'Sport in Mind'



Looking After Our Physical Wellbeing

Now is as good a time as any to evaluate how we are looking after our overall health and wellbeing. Making better choices today can have a big impact on our health, both now and in the longer-term. Two of the best ways to stay fit and healthy are through balanced diet and regular exercise. This might seem quite challenging at present, with the current restrictions on our activities, but there is actually quite a lot that we can do to ensure that we are keeping as physically active as we can during lockdown.

Here are five key areas that we might like to consider, based on advice from the NHS website and BHFT advice to its employees:-

1. **Move regularly.**

There is increasing evidence that, unless you are a wheelchair user, sitting down too much can be a risk to your health. Many adults in the UK spend around 9 hours a day sitting: this includes watching TV, using a computer, reading, doing homework, travelling by car, bus or train, but doesn't include sleeping. Sitting for lengthy periods is thought to slow the metabolism, which affects the body's ability to regulate blood sugar, blood pressure, and break down body fat. Studies have linked inactivity with obesity, type 2 diabetes and some types of cancer.

Public Health England guidance recommends that we exercise regularly, at least 150 minutes a week, and reduce our sitting time. This is obviously particularly relevant right now, when many of us are working from home, and using social media or the telephone to maintain our social connections. The likelihood is that we are engaging in more sedentary activities than we usually would, which makes it all the more important to ensure that we are keeping as active as we possibly can.

So, here are some top tips for getting moving during the day:-

- Set a reminder to get up every 30 minutes;
- Move your laptop/working station so that you can work standing up for periods at a time;
- Stand or walk about while on the phone;
- Take a longer walk each time you have a tea or coffee break; download the active 10 app to encourage yourself to get more active;
- Walk up and down the stairs as much as possible;
- Swap some TV or other screen time for more active tasks or hobbies.

Breaking up long periods of sitting time with activity for just one or two minutes can make a significant difference.

2. **Keep active at home**

We have all had to develop new daily routines over the past few weeks, and building physical activity into this is vitally important. We could focus on basic activities such as cleaning the house, walking up and down the stairs, and getting up every 30-40 minutes. You might also wish to consider joining an online fitness/workout class, or take advantage of the huge collection of home workouts and seated exercises available online. A few of them are listed below:

Sport England's guide to staying active at home

Jo Wicks (The Body Coach) on YouTube

Yoga with Adrienne on YouTube

Seated Exercises

3. Use your daily exercise

Getting some fresh air and spending time in green spaces can benefit us hugely, both physically and mentally (you would expect us at Recovery in Mind to say that, wouldn't you?!) This could be as little as opening a window or eating lunch in the garden (if you have one). We can also make full use of our one form of daily outdoor exercise, whether we choose to go for a walk, run or bike ride. How about exploring some new places that you can walk to from home? You might also like to try an exercise programme to increase your fitness, such as Couch to 5k. The weather is on our side at the moment, so let's make the most of the opportunity to enjoy all this lovely sunshine!

4. Look after your back

Five fundamentals when using Display Screen Equipment (DSE):-

1. Forearms should be level with the keyboard;
2. Eyes should be level with the top of the screen;
3. Hips should be above knees when sitting;
4. Feet should be on a flat surface;
5. The secret key to staying healthy at a desk: **MOVEMENT!!!**

Move your body joints every 30 minutes in sitting or standing. If you don't have a proper laptop setup, aim for a postural change every 15 minutes, and walk around at least every hour. **Move** and **stretch** your neck, back, shoulders, wrist and legs regularly. Try a different position when you don't need to be at a desk - eg standing or walking when using the phone.

5. Try to enjoy a varied diet

Eating a healthy, balanced diet is also an important part of maintaining good health, and can help us feel at our best. Cooking is also another great way of keeping active at home. We should aim to eat a wide variety of foods in the right proportion and so consuming the right amount of food and drink to achieve and maintain a healthy body weight.

- The NHS Eatwell guide shows how much of what we need to eat overall to achieve a healthy, balanced diet. Women need on average 2,000 calories a day, men 2,500 calories. Fruit and veg should make up over one third of our daily food consumption (aim for at least 5 portions a day), and starchy carbohydrates (eg potatoes, rice, pasta, bread) should also make up over one third. We need some dairy or dairy alternatives (eg milk, cheese, yoghurt, soya) and some protein each day (eg beans, pulses, fish, eggs, meat). Fat should be eaten sparingly, and unsaturated fats are healthier than saturated (these include vegetable, rapeseed, olive and sunflower oils). Remember to drink plenty of fluids: 6-8 cups or glasses per day are recommended (water, milk, tea, coffee, lower sugar or sugar-free drinks all count).
- The Easy Meals app has over 150 recipes, which might be worth checking out.
- Having some alcohol-free days can help us feel healthier, lose weight, and save money at the same time. Check out the NHS OneYou app for further guidance.

So, there's lots there for us to get stuck into. Very best wishes in staying safe, well - and active! Cath

Maintaining a Healthy Routine

Routines are still important (perhaps even more-so!) when we are self-isolating. Try to get a balance of:

- Looking after yourself
- Feeling productive
- Enjoying myself

It's still important to take care of our personal care, so make sure to shower and get ready for the day as you usually would. It can help to plan out our routine, and a template for this is provided below. Scheduling our everyday activities can give us a sense of purpose and structure, as well as help us to balance our activities.

E.g.

	Morning	Afternoon	Evening
Monday	Eat breakfast Exercise in my room Shower & Get Ready Dress bed	Eat lunch Call family member to check in Open window for fresh air	Eat dinner Write in journal Watch a show or listen to music that I enjoy

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Using an Activity Diary (T. Powell)

Keeping a diary of daily activities can be especially useful when you are depressed because it helps you to focus on how you are spending your time, reminds you what you have done, and is a useful way of planning ahead.

1. Plan what you are going to do the next day:

Write down a list of activities that you would like to do and then schedule them into the diary. It is helpful to do this the night before and to plan each part of the day on an hourly basis.

2. Plan activities that are absorbing and not too difficult:

If you are feeling depressed it is sometimes difficult to become absorbed by reading a book but is more easily to be absorbed by for example watching a video.

3. Plan a mixture of activities that have a balance between duty and pleasure:

Try to introduce more pleasurable items into your schedule. These might include small items such as having a leisurely bath, or larger items such as connecting with a friend on the telephone.

4. Break tasks down into smaller steps:

Do not tidy the whole house, but rather break it down into 'vacuum lounge carpet' or 'tidy kitchen surfaces'.

5. Plan activities that increase your physical activity levels:

For instance, walking the dog or walking to the shop, mowing the lawn or cycling. Physical activities are very important for producing brain chemicals that are natural anti-depressants. Research shows that exercise has a positive effect on people's mood and releases feelings of tension, frustration and anger. Exercise also improves sleeping, physical health and the body's immune system.

6. Be flexible:

Try to keep to your plan as much as possible but allow yourself flexibility. If you have missed an activity proceed to the next one.

7. Increase frequency:

The number of activities that you do during the day, building up very slowly.

8. Record your sense of pleasure (P) and achievement (A) for each activity.

Rate both pleasure and achievement on a scale of 0 to 5, where 5 is either much pleasure or much achievement and 0 is no pleasure or no achievement.

9. Work towards goals:

Work out a number of short and long-term goals for different areas of your life. This helps activity planning and increases motivation. Always write your goals down.

Achieving Everyday tasks

Being depressed often means that you have put off doing the simplest of things. These small jobs pile up and sometimes you might feel overwhelmed. The following steps are to help you reduce this mountain and turn it into smaller molehills.

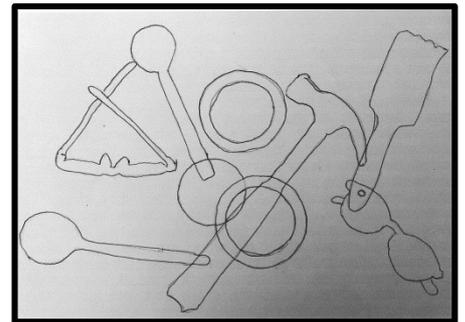
1. Write down on a list all the tasks that you feel you need to do.
2. Prioritise. Do not try to do everything at once, only do one thing at a time. Identify what needs to be done first.
3. Break the task down into specific steps.
4. Rehearse the task, picture yourself performing the task in your mind.
5. Anticipate difficulties. Write down any practical difficulties that might come up.
6. Deal with negative thoughts. Identify the negative thoughts and then challenge them.
7. Start at the beginning.
8. Reward yourself for your success. Tick off the things that you have achieved and reward yourself with small rewards throughout the day such as a coffee, watching your favourite television programme or reading the newspaper.

Active (a little bit) Picture Making by Sarah

1. Take a wander around your home (including a look in your Tool Box!) and select six items which have shapes that you finding interesting.

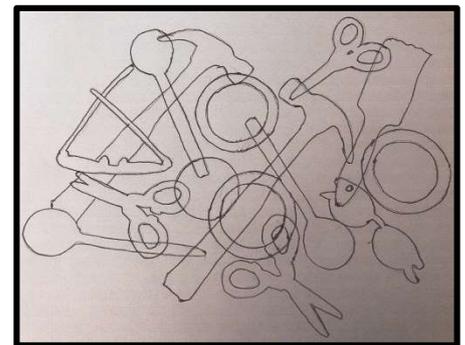


2. Find a large piece of paper – or perhaps a canvas board or even a canvas.



3. Place your items on the surface to form patterns.

4. Draw around them as many times as you chose to make an overall composition that you are happy with.



5. Using colour (felt tip pens / crayons / pencils / paint) colour in your composition!
6. Have fun!



"Exercise not only changes your body, it changes your mind, your attitude and your mood." Unknown

'Keep Active' Wordsearch by Fiona

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

Physical Health

Mind and body

Leave car at home

Gym

Endorphins

Get started

Self control

Promote wellbeing

Regular exercise

Challenges

Slows decline

Improve mood

Energising

Enjoyment

Outdoors

Team sport

Dance

Uplifting

Move

Cycle

Fitness

Run

Mental Health

Sport In Mind

Dog walking

Goals

Stretch

Activity

Fun

Walk

Fit

Yoga

Keeps you well

RIM (Recovery in Mind)

"Nothing is impossible. The word itself says I'm possible."

Audrey Hepburn

External Links

A fitness work out for beginners by the NHS

<https://www.nhs.uk/conditions/nhs-fitness-studio/wake-up-workout/>

Dr. Chatterjee is a well-known TV doctor who explains about a healthy lifestyle

<https://drchatterjee.com/>

The Keeping Active Guide.

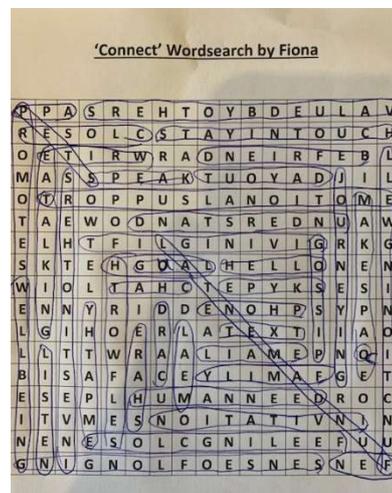
Additional attachment with this weeks newsletter



Answers to last week's word puzzle and wordsearch

CONNECTIONS

		S	C	O	N	E		T	I	N	
		S	O	O	N					O	
	C	O	N	N	E	C	T	I	O	N	S
			N			O	N				
S	O	N	N	E	T		N			C	
		O		C		S	E	N	T	O	
		N	O	T	E			O		N	
		E					S	C	E	N	E



Additional words:

No, con, stone, snot, not, once, tonne, scent, net, to, too, it, cot, nose, ten, tennis

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.