



News Bulletin

No 19

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Dear Students,

Welcome to the second Recovery in Mind bulletin of this current lockdown period. Our choice of topic for it, was dictated by the sense of disappointment that we were all having to cope with another lockdown and all that brings with it.

We are all needing to boost our..... [Resilience.](#)

Resilience is paramount in these times of COVID-19 when everything seems so out of our control, and we must live by various rules laid down by others, who deem that what used to be ordinary activities have now become unlawful. Instead of allowing ourselves to feel out of control, we need to focus on what is within our control. Some examples are: our appraisal of the situation, our behavioural response to the stressor, our choice of whom we spend time with and our management of the daily routine. Research shows that when resilient people face adversity, they look for the good amid the stress. They engage with the controllable aspects of their lives - like family, personal health and giving back to the community. They develop a healthy social support system of resilient role models, focusing on people who lift them up. (You can still see them on Zoom!) Those who are regarded as inflexible, fatalistic or catastrophize are not part of the social support system. They manage emotions that accompany stress through emotional regulation techniques. They also use problem-solving coping techniques, seeking factual health information from reputable sources.



[Getty Images / martin-dm](#)

Self-care is critical - physically, mentally and spiritually. Physical activity promotes not only health but your mood; if the gym is closed, try things you can do in the house or neighbourhood, like yoga, hiking, biking and walking. Meditation and mindfulness exercises help you stay centred. A Google search can yield numerous free and evidence-based apps that teach how to regulate emotions and practise mindfulness.

Back in 2020 on 18th June, Recovery in Mind produced a Newsletter entitled 'Resilience'. Our website has a copy of it (under 'Tips & Tools' and then 'Newsletters'). This newsletter gives more detail into various ideas of how to grow your own resilience, including articles on 'realistic optimism' and 'distress tolerance', both of which are valid areas of thinking for us to develop. Why don't you look back on the Newsletter, have a read through it and try to apply some of the concepts or ideas to your own current lifestyle? This is likely to lead you to take more of a resilient focus on 'today and maybe tomorrow too'!

Best Wishes from The Recovery in Mind Team

Resilience refers to how well you can deal with and bounce back from the difficulties of life. It can mean the difference between handling pressure and losing your cool. Resilient people tend to maintain a more positive outlook and cope with stress more effectively. Research has shown that while some people seem to come by resilience naturally, these behaviours can also be learned. Whether you're going through a tough time now during the current lockdown or you want to be prepared for the future, here are 10 techniques you can focus on in order to foster your own resilience.

1. Find a Sense of Purpose. In the face of crisis or tragedy, finding a sense of purpose can play an important role in your recovery. This might mean becoming involved in your community, cultivating your spirituality, or participating in activities that are meaningful to you.

2. Believe in Your Abilities. Having confidence in your own ability to cope with the stresses of life can play an important part in resilience. Becoming more confident in your own abilities, including your ability to respond to and deal with a crisis, is a great way to build resilience for the future.

Listen for negative comments in your head. When you hear them, practise immediately replacing them with positive ones, such as, "I can do this," "I'm a great friend/mother/partner," or "I'm good at my job." Research has demonstrated that your self-esteem plays an important role in coping with stress and recovering from difficult events. Remind yourself of your strengths & accomplishments.

3. Develop a Strong Social Network. It's important to have people you can confide in. Having caring, supportive people around you acts as a protective factor during times of crisis. While simply talking about a situation with a friend or loved one won't make your troubles go away, it allows you to share your feelings, get support, receive positive feedback, and come up with possible solutions to your problems. Social support is imperative for health & wellbeing.

4. Embrace Change. Flexibility is an essential part of resilience. By learning how to be more adaptable, you'll be better equipped to respond when faced with a life crisis. Resilient people often utilize these events as an opportunity to branch out in new directions. While some people may be crushed by abrupt changes, highly resilient individuals are able to adapt and thrive.



5. Be Optimistic. Staying optimistic during difficult times can be difficult, but maintaining a hopeful outlook is an important part of resiliency. What you are dealing with may be difficult, but it's important to remain hopeful and positive about a brighter future. Positive thinking does not mean ignoring the problem in order to focus on positive outcomes. It means understanding that setbacks are temporary and that you have the skills and abilities to combat the challenges you face.

6.Nurture Yourself. When you're stressed, it can be all too easy to neglect your own needs. Losing your appetite, ignoring exercise, and not getting enough sleep are all common reactions to a crisis. Instead, focus on building your self-nurture skills, even when you're troubled. Make time for activities that you enjoy. By taking care of your own needs, you can boost your overall health and resilience and be fully ready to face life's challenges.

7.Develop Problem-Solving Skills. Research suggests that people who can come up with solutions to a problem are better able to cope with problems than those who cannot. Whenever you encounter a new challenge, make a quick list of some of the potential ways you could solve the problem. Experiment with different strategies and focus on developing a logical way to work through common problems. By practising your problem-solving skills on a regular basis, you will be better prepared to cope when a serious challenge emerges.

8.Establish Goals. Crisis situations are daunting. They may even seem insurmountable. Resilient people are able to view these situations in a realistic way and then set reasonable goals to deal with the problem. When you find yourself becoming overwhelmed by a situation, take a step back to simply assess what is before you. Brainstorm possible solutions, and then break them down into manageable steps.

9.Take Action. Simply waiting for a problem to go away on its own only prolongs the crisis. Instead, start working on resolving the issue immediately. While there may not be any fast or simple solution, you can take steps toward making your situation better and less stressful. Focus on the progress that you have made thus far and planning your next steps, rather than becoming discouraged by the amount of work that still needs to be accomplished. Actively working on solutions will also help you feel more in control. Rather than just waiting for things to happen, being proactive allows you to help make your goals a reality.

10.Keep Working on Your Skills. Resilience may take time to build, so don't get discouraged if you still struggle to cope with problematic events. Everyone can learn to be resilient and it doesn't involve any specific set of behaviours or actions. Resilience can vary dramatically from one person to the next. Focus on practising these skills, as well as the common characteristics of resilient people, but also remember to build on your existing strengths.

*Success is not final,
Failure is not fatal:
it is the *courage* to
CONTINUE THAT COUNTS*

Winston S. Churchill

Hoar Frost

Last weekend I went out for a beautiful walk with my 6-year-old daughter. There was a 'Hoar Frost' on almost everything. It's when trees, bushes and other natural surfaces are covered in a thick white frost. It was very cold, but we wrapped up well. We stopped and looked at lots of different plants covered in the frost. When we got home, we looked at the Met Office website and here is their description of this amazing weather phenomenon.

Hoar frost is composed of tiny ice crystals and is formed by the same process as dew, but when the temperature of the surface is below freezing point. The 'feathery' variety of hoar frost forms when the surface temperature reaches freezing point before dew begins to form on it. A 'white' frost, composed of more globular ice, occurs when the dew forms first, then subsequently freezes.

I took some photos with my phone in the hope that some of you might enter the Greenham 'My Wild Life' photography competition. I'm going to enter one of these. Despite all the difficulties of Lockdown 3.0 it reminded me that nature continues its cycle and that Spring and all that it brings is only around the corner. I'm doing my best to look at things in the most positive light I can, and using that mindset to strengthen my own personal resilience to get me through the next few months. Perhaps you can take some images on your phone during the next week and send them in to us to include in next week's bulletin. Angela



Greenham Trust's - 'My Wild Life' Photography Competition

Here's a great opportunity for all of us. Greenham Trust and the Greenham Base have organised a photography competition. We know that many of you enjoy photography - whether you have joined or Recovery Street course or simply taken 'photos' with your phone camera - it's something most of us can try. Here are the details.....

Budding photographers of all ages and expertise can enter - whether it's capturing an image of insects in your back garden, wildlife discovered on a family walk or snaps of your beloved pet... we are looking for creative thinking when it comes to capturing the wonders of wildlife that surrounds us in town and country.

Finalists from two age categories (Under-18s and Over-18s) will be chosen by a panel of expert judges and the winning entries from each category will be chosen by the general public in an online vote!

The two winning photographers will win a Base Pass Plus, which gives them unlimited entry to The Base Gallery for a whole year, as well as discounts on selected workshops and courses! They will also see their photographs printed in the Newbury Weekly News and published on The Base and Corn Exchange's websites and respective social media platforms.

It would be great if we could have a few Recovery in Mind student entries. If you copy and paste this information into your internet browser it will give you all the information you need.

Resilience

Stand up to the fury
Let the torrents rage
Keep things moving forward
Stand firm and turn the page

It's just part of the story
A challenge to be won
A dragon for the slaying
So as to meet the morning sun

Tomorrow brings another
And more each passing day
It's about how we get through it
It's how we find a way

This strength reveals resilience
To deal with what lies in store
Facing each days challenge
And coming back for more

- Robert Longley

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.