



News Bulletin No 21 28/01/2021

Welcome again to another Recovery in Mind Bulletin, this time on the subject of 'being active' in our daily lives. This is an especially key area of life during another CV19 lockdown, and one that can easily be over-looked under the circumstances. Being active can mean so many things to different people and we all have our own version of what is right for us! It is important to remember that activity can be as simple as taking the stairs rather than the lift or walking somewhere rather than getting in the car. On the other hand, some individuals have a daily 'workout' that they do in the home gym or in front of their favourite Yoga or Pilates video or a walk or run in their neighbourhood which they do regularly and record 'steps' on their phone towards a goal. (Try using one of the many available apps. For example, the **Active 10 walking app**, which counts every step of walking you do - it all adds up). Some folks will try to do some regular gardening or work on the allotment or a bike ride or brisk walk to the post box to keep up their activity.



Whatever you do yourself, remember to make appropriate choices based on an assessment of your needs/abilities on that day, and to give yourself credit for your exertions after the event! (so long as the reward is NOT a box of doughnuts or a tub of ice cream!) It can be hard to find the motivation to be active, especially when the weather is poor or your 'get up & go has got up & gone,' but making a regular commitment and being consistently active at some time each day is a real boost to mental health. This activity enables the body to produce endorphins which act as natural anti-depressants and can energise the rest of your day. It is worth spending a few moments finding a way to include some activity in your life, on a daily basis. Getting into nature improves mental alertness, energy and mood, whilst increasing your self-esteem and something positive for your brain to focus on. The cortisol produced by exercise can reduce stress and anxiety and make you physically tired, so you sleep better. Overall, this is a win, win situation!

“ **ACTIVE LIVING**
means giving my
body, mind and soul
the respect and care
it deserves. ”

For further ideas on being active please refer to the Recovery in Mind Newsletter on our website, (Under 'Tips and Tools' then click on 'Newsletters') entitled 'Keep Active' which came out on 30/4/2020. It contains articles on 'Sport in Mind,' 'Maintaining a healthy routine,' 'Using an activity diary' and 'looking after our physical wellbeing.'

Best wishes The Recovery in Mind Team

Current ideas for 'being active'

As new COVID-19 cases continue to emerge, individuals are being requested to stay at home in self-quarantine. In the UK, fitness centres and other locations where individuals are normally active, will remain temporarily closed. Staying at home for prolonged periods of time can pose a significant challenge for remaining physically active. Sedentary behaviour and low levels of physical activity can have negative effects on physical and mental health, well-being, and quality of life of individuals. Physical activity and relaxation techniques can be valuable tools to help you remain calm and continue to protect your health during this time.

The World Health Organisation recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week, or a combination of both. These recommendations can still be achieved even at home, with no special equipment and with limited space. The following are some tips on how to stay active and reduce sedentary behaviour while at home in self-quarantine:



Take short active breaks during the day. Short bouts of physical activity add up to the weekly recommendations. Dancing, playing with children, and performing domestic chores such as cleaning and gardening are other means to stay active at home.

Follow an online exercise class. Take advantage of the wealth of online exercise classes. Many of these are free and can be found on YouTube. If you have no experience performing these exercises, be cautious and aware of your own limitations.



Walk. Even in small spaces, walking around or walking on the spot, can help you remain active. If you have a phone call, stand, or walk around your home while you speak, instead of sitting down. If you decide to go outside to walk or exercise, be sure to maintain at least 2m distance from other people.

Stand up. Reduce your sedentary time by standing up whenever possible. Ideally, aim to interrupt sitting and reclining time every 30 minutes. Consider setting up a standing desk by using a high table or stacking a pile of books or other materials, to continue working while standing. During sedentary leisure time prioritize cognitively stimulating activities, such as reading, board games, and puzzles.



Relax. Meditation and deep breaths can help you remain calm. A few examples of relaxation techniques are available on the Recovery in Mind website and elsewhere on the internet. Mixing relaxation with activity is a perfect balance.

For optimal health and to remain active, it is also important to remember to **eat healthily** and stay hydrated. The World Health Organisation recommends drinking water instead of sugar-sweetened beverages. Limit or avoid alcoholic beverages for adults and avoid these in young people, and pregnant and breastfeeding women, or for other health reasons. Ensure plenty of fruits and vegetables, and limit the intake of salt, sugar, and fat. Choose whole grains rather than refined foods.



Being Active - Make your own newspaper seed pots

These pots are not only recycled and biodegradable but also fun and easy to make. Why not get the kids involved, too?



The finished pots are quite sturdy while the seeds are growing, but they'll break down quickly once they've been planted in the soil, meaning you don't have to transfer them.

What you need

- Black and white newspaper
- A small glass jar (or larger if you are planting a marrow or bigger plant)

How to make it

1. Lay a full sheet of black and white newspaper flat. Don't use shiny, coloured paper as it may contain heavy metals that could drain into your soil.
2. Fold the paper in half lengthwise twice to form a long, narrow strip of folded newspaper.
3. Lay a small glass jar on its side and place it on one end of the strip of paper. Roll the newspaper around the jar. The jar is used only as a form to roll the paper around. About half of the strip of paper should overlap the open end of the glass.
4. Push the ends of the paper into the open end of the jar. This step doesn't have to be neat and tidy; just stuff the overlapping newspaper into the jar.
5. Pull the jar out of the newspaper pocket so you have the newspaper pot in your hand.
6. Push the bottom of the jar into the newspaper cup, squashing the folded bottom to flatten. This step will seal the bottom of your pot. Once the pot has been filled with soil, the bottom will be secure.
7. Pull the jar out and you have a finished paper pot, ready to grow seeds in.

Lovely video of how to make both round and square plant pots out of newspaper:

https://www.google.com/search?q=making+newspaper+plant+pots&rlz=1C1GCEB_enGB847GB847&oq=making+newspaper+plant+pots&aqs=chrome..69i57j0i22i30l3.8449j1j15&sourceid=chrome&ie=UTF-8#kpvalbx=_iQOHYIrvCuvP1fAPOZ22iAE9



Snow Fun

Watching the snow falling on Sunday morning was a real treat. Flo, my six-year-old daughter and I sat and watched from the window. It fell fast and was mesmerising. Once there was enough snow to play and go sledging we were out by 8.30am. Flo has a very special Shetland pony called Samber (who is more like a family pet than a small horse!). We hitched the plastic sledge to some ropes that Flo held and off they went up the road. The snow was fresh with no other prints or marks in it. We filmed them on our phones and the footage was used by BBC South Today later in the evening - Flo's 2 seconds of fame!

We also went sledging without the pony and spent several hours going up and down whilst trying to avoid the fence at the bottom of the field.

Flo and Samber were exhausted at the end of the day, and both of them were tucked up in their bed and stable respectively. In fact, they weren't the only ones. All that fresh air and exercise reminded me that exercise needn't be dull or repetitive. We had fun, forgot about Covid for a few hours, and had a good 'work out'. Angela



External Link Mind's guide to physical activity and mental health:-

[Sport, physical activity and mental health | Mind, the mental health charity - help for mental health problems](#)

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.