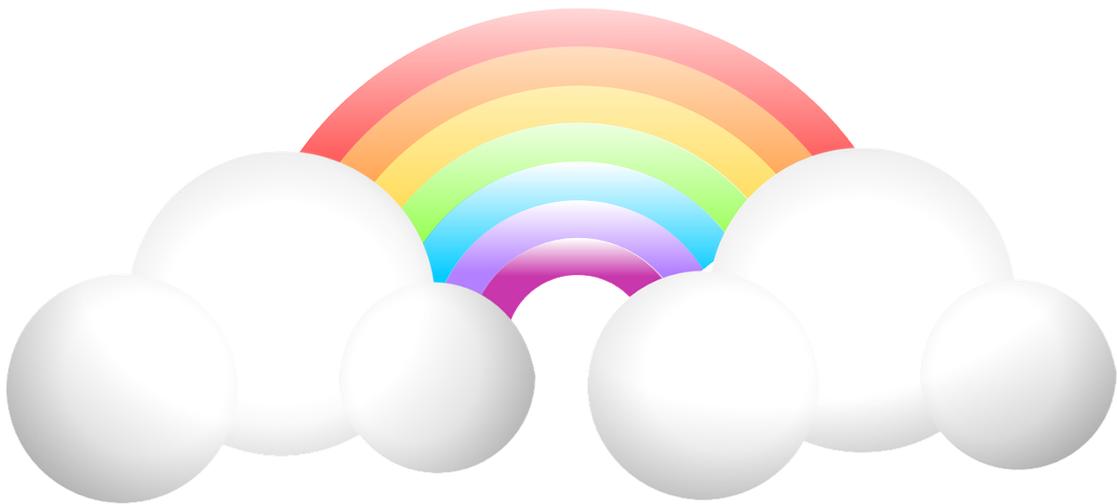


# Supporting your wellbeing pack



**Name:** .....



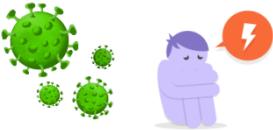
# Taking care of your wellbeing

We have developed this pack to help you look after yourself.

It includes things you can do and try, which you might find helpful.



It is normal to feel worried or unsettled when big changes happen.



You might be worried about Coronavirus.  
You might feel frustrated or scared.



These are all normal human reactions.



If you need more help, please talk to someone.

This could be a family member, a friend, a support worker or a professional.



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# Looking after yourself

It is important to look after yourself. There are some ideas of how you can do this below.



## Be kind to yourself

We all have bad days. Treat yourself the way you would treat a friend.



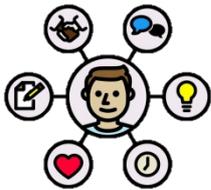
## Exercise regularly

Being active helps lift our mood. Try and exercise at least once a day.



## Have some fun or be creative

Draw a picture, colour in or make something. Enjoy yourself!



## Learn a new skill

Keep your mind active by learning something new.



## Help others

Get involved with a project at home, or do something kind for someone.



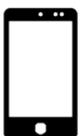
## Relax

Allow yourself time to chill out and relax. Listen to music or have a bath. Find something that suits you.



## Be healthy

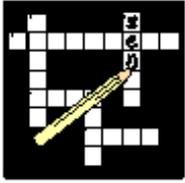
Eat regularly, eat fruit and vegetables and drink water. Try and go to sleep, and get up at the same time each day.



## Connect with others

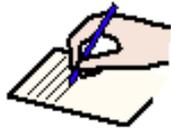
Stay in touch with family and friends by phone or video call.

# Activity ideas



## Puzzles

e.g. Crosswords, word search, Sudoku, dot-to-dot



## Writing

e.g. poem, story, letter/card, my life story, diary



## Games

e.g. Monopoly, Scrabble, noughts and crosses, Uno, quizzes, Bingo



## TV/DVDs

e.g. films, series, soaps, comedy, documentaries, news, reality TV, chat show, game shows



## Books

e.g. read, listen to an audio book, talk about what you have read



## Food

e.g. prepare food, drinks, snacks, meal planning, watch a cooking programme, learn a new recipe, bake a cake



## Exercise

e.g. exercise videos/DVD, stretches, yoga, indoor games, walk, run, dancing, bike ride, zumba



## Arts and crafts

e.g. colouring in, painting, drawing, crafts, card making, scrap books, posters



## Jigsaws

e.g. picture jigsaws, jigsaws or puzzles on apps



## Cards

e.g. patience, snap, Blackjack, Rummy, pairs



## Music

e.g. listen to music, sing, talk about music, write your own song/rap, listen to the radio, dance



## Domestic

e.g. Do your laundry, clean and tidy up, organise your room, learn a new job at home



## Self Care

e.g. pamper yourself; face pack, bubble bath, make-up, hair, nails, manicure, pedicure, discuss self-care or fashion, watch videos



## Indoor games

e.g. Bingo, skittles, hoopla, waste paper bin basketball, computer games



**Dance**

e.g. dance to music on TV/DVD/radio, dancing game, make up a routine, do a zumba video



**Education**

e.g. worksheets, listen to or watch educational programme on radio or TV, play educational games, educational apps on phone/tablet



**Talk**

e.g. talk to staff, talk to each other, phone or video call family/friends, speak to your worker/PA



**Faith/religion**

e.g. prayer, reading, discussion, listen on radio, meditate

**What other activities do you like doing?**

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.....

# Activity planning

Now that you have thought of a few ideas to keep busy, try to make a plan of which activities you would like to do.



You might want to plan ahead for the whole week.



Or you might want to just plan for each day when you wake up.

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			

	Morning	Afternoon	Evening
Thursday			
Friday			
Saturday			
Sunday			



Keeping a routine is really important.

It can help to give us a sense of **achievement** and can help to feel more settled.

# Problem Solving



We all face different problems every day.



These can make us feel sad, angry, worried or frustrated.



Sometimes when we have a problem we rush to try and solve it. This can lead to more problems.

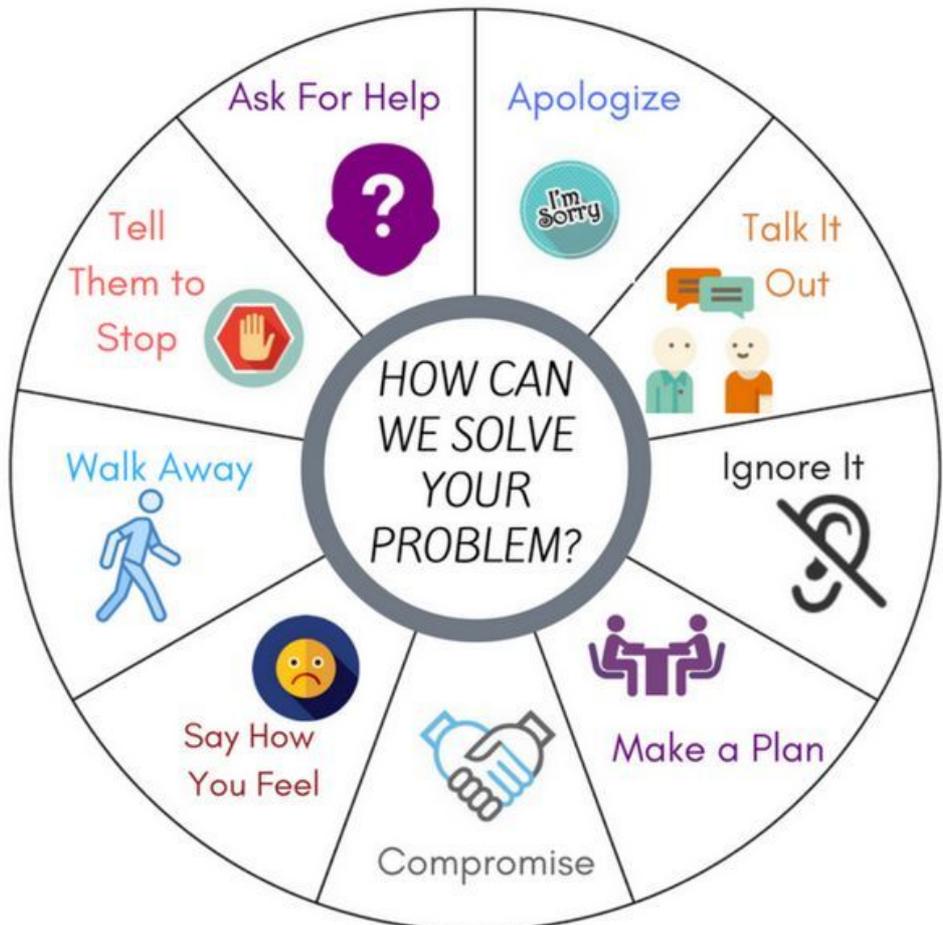


When we have a problem we need to **STOP** and **THINK**. This can help us solve it better.



Being able to solve problems can help us feel calm and settled

Things we can try to solve our problem include:





Also it might help us to write our problems down.

Try using the below worksheet to solve a problem.

<b>What is my problem?</b>			
<b>Think – is my problem...</b>	<b>Small</b>	<b>Medium</b>	<b>Large</b>

**Think of 3 possible ways to solve this problem:**

<b>Solution</b>	<b>What are the good things about this solution?</b>	<b>What are the bad things about this solution?</b>	<b>Tick the best option</b>
1.			<input type="checkbox"/>
2.			<input type="checkbox"/>
3.			<input type="checkbox"/>

**What steps do I need to take next to solve this problem?**

---

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# Positive statements



Sometimes we can get 'stuck' on one thought.  
Sometimes we can get 'stuck' on negative or bad thoughts.

Saying happy (or positive) statements to ourselves can help us feel better.  
Use a statement that starts with I, for example:

- I am a good person
- I care about others
- I am kind
- I have a lot to be proud of
- I am in control of my choices
- I can get through this

Write a positive statement about yourself below.  
Practice saying it yourself whenever you have negative or bad thoughts.

I am.....

At the end of the day, try to think about one or a few good things that have happened that day:

What has made you smile today?

How has another person shown they care about you?

Describe something that made you laugh?

What was something nice you said today?

Describe something you are thankful for?

What challenge have you overcome today?

Describe a moment when you felt calm or content?

What personal strength have you used today?

# Managing worry



There are lots of changes at the moment. It is normal to worry about these sometimes.



Sometimes we can 'get stuck' worrying over and over.

This can make us feel down and can be tiring.

## Try to:

- Notice when you are worrying
- Remind yourself lots of worrying does not help
- Focus on the here and now – use some of the ideas in this book
- Talk to others – don't keep all your worries to yourself

## Getting through it:

Think about challenges you have got through in the past:

- How did you get through it?
- What did you do?
- What did you say to yourself?
- Who helped you?
- What helped you?



It might be helpful to talk this through with someone – like a family member or a support worker.



Try writing down some of your answers below. This will help you remember what to try next time.

.....

.....

.....

.....

# Strategies to help you cope

## 1. Mindfulness

Mindfulness can be described as **paying attention** to what you feel at this exact moment.

It can help us to stop and notice things around us.

It can help us to remember that all thoughts and feelings come and go, and not 'get stuck'.

It can help us to feel calm, warm and to be kind to ourselves.



**Stop and think.... How is my mind right now?**



**Busy?**

**Or**

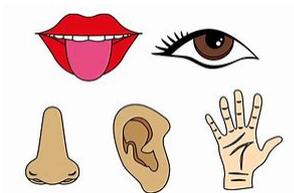


**Calm?**

## Mindfulness practice – some ideas



Going for a **mindful WALK**. Use all of our senses to notice what we see, hear, feel, smell, taste.



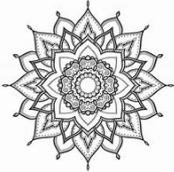
Stop at any moment and **NOTICE 5 THINGS** you can see, hear, feel, smell, taste.



**EAT a meal mindfully.** Slow down. Use all of your senses. Describe what you notice and taste.



**Listening to MUSIC mindfully.** Try to listen to all of the different musical instruments there are.



**COLOURING IN** mindfully. Pay attention to all the different shapes, patterns and colours.



Mindfulness when **WASHING your hands.** What do you see, feel, hear, smell?



Focus on your **BREATHING.** Pay attention to your breaths going in and out.

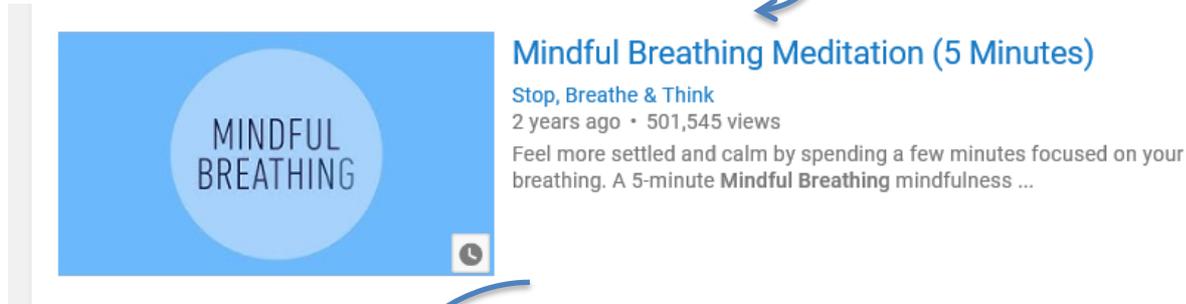
Where do you feel the breathing coming in and out of your body?

## 2. Breathing Exercises

Go on to YouTube on the internet (use your phone or a computer)

Type in “**mindful breathing**”

Pick the video that looks like this



Or this cartoon one



**OR** you might find another video that you like better!

Play the video and follow the instructions

**Do this once each day and write down what happened** – your support worker or family member can help you.

You can keep a diary if you like, like this...

Day	Tick if I did mindful breathing today	Good things I noticed, or things I liked	Anything that was hard
Monday			

### 3. Feeling Calm - 5-4-3-2-1 Exercise

Sometimes we might have feelings that feel very big.

This might be feeling very worried, very scared or very sad.

Here is a simple exercise you can do to help you feel calmer.

**Look** around you. What can you **see**?  
Describe 5 things in detail



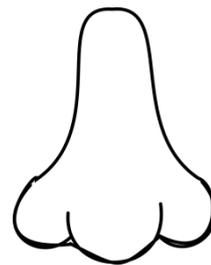
**Touch** 4 things. How do they **feel**?  
e.g. Hard or soft? Rough or smooth? Hot or cold?



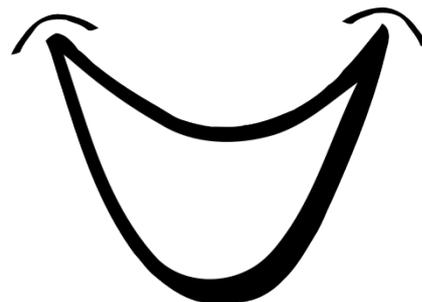
Stop and **listen**. What can you **hear**?  
Describe 3 **sounds**



What can you **smell**?  
Describe 2 **scents**

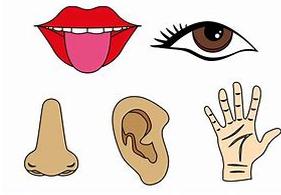


Name 1 thing you can a **taste**  
Describe the **flavour**, e.g. sweet, salty, bitter, sour?  
**OR**  
Take 1 deep **breath**



## 4. Self-soothing

### What is self-soothing?



Self-soothing is another way to manage difficult feelings using your five senses.

### Make a self-soothing box

Pick a box or bag that you like. Collect five or more items to go into it.

Try to pick items to soothe all five senses. The ideas below might help you.

<b>Vision</b> 	<b>Ideas for vision</b> Photographs Art work Colours	What are 2 things you like to look at:
<b>Hearing</b> 	<b>Ideas for Hearing</b> Favourite song Running water Sound of birds	What are 2 things you like to listen to:
<b>Smell</b> 	<b>Ideas for Smell</b> Favourite aftershave Smell of grass scented oils	What are 2 things you like to smell:
<b>Taste</b> 	<b>Ideas for taste</b> Hot/cold drink Mints Something sweet	What are 2 things you like to taste:
<b>Touch</b> 	<b>Ideas for touch</b> Brushing your hair Feeling a soft item Cream on your skin	What are 2 things you like to touch:

 If you would like more information on self-soothe boxes please contact the Psychology Team.

## Apps for mental health and wellbeing

Some people like using apps to help them cope. You could use these on a smartphone or a tablet.

Please note - some of these apps are free and some you might have to pay for. Ask for help if you are not sure.



**Headspace** – mindfulness, exercises and help sleeping



**What's up?** – help with difficult feelings and to practice coping strategies like Grounding and Breathing.



**Calm Harm** – help with managing difficult thoughts and wanting to harm yourself



**Woebot** – help to manage anxiety and depression

Other NHS approved apps can be found on this website:

<https://www.nhs.uk/apps-library/category/mental-health/>

Things like stretching, yoga, breathing, listening to calm music, listening to nature sounds and practicing mindfulness are all good for your mental health.



You can use YouTube for videos that might help you do these.



# This pack was adapted by the Oldham Learning Disability Psychology Team



Dr Sally Twist



Dr Hannah Williamson



Abigail Hall

*Local signposting removed for wider distribution\**

\* There are lots of other resources online to manage wellbeing during covid19. If you require specific support around your mental health, please contact your GP, charities such as Mind, or other services you know that are local to you.

## Acknowledgments

This pack was originally developed by the RHSD Psychology team, and a service user – Chris Hampson.

It was revised by the Learning Disability Psychology Team in Oldham.

It draws on the following psychological approaches and resources:



- Dialectical Behavioural Therapy (DBT); Marsha Linehan
- Acceptance and Commitment Therapy (ACT); Dr Russ Harris
- Compassion Focused Therapy (CFT); Paul Gilbert
- Mindfulness; The Free Mindfulness Project