

Staying Well

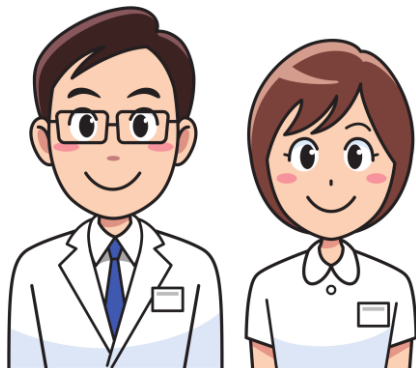
ALDT Occupational Therapy Services
NHS Greater Glasgow & Clyde



What is going on?

This is a guide for everyone as we all need helpful hints, tips and a bit of fun during lockdown.

This document sets out to give you some ideas to try, which will promote engagement with meaningful activities in a different way than usual. This will enhance your over all wellbeing - give it a go.



Topics

- Self Care
- Outdoor/Indoor Activities
- Stay Connected
- Wellbeing
- Family Time
- Sleep
- Exercise
- Posture
- Children's Activities



Self Care

Routines provide purpose.

Balancing your weekly routine in a good mix of work, rest and leisure

Set daily goals to provide a sense of achievement.

ROUTINE



DIET



Eating and drinking healthy to support your immune system

More info at www.bda.uk.com

POSTURE



Ensure correct posture for work

Include lots of movement breaks and avoid sitting still for long periods of time

WELLNESS



Keep in touch with friends and family

Arrange to speak to someone most days, even if its over the garden fence

Outdoor Activities



GARDENING

Mowing the lawn, potting plants
growing fruit or vegetables



FOOD

BBQ's, lunches on the lawn or picnics

SPORT / FITNESS

Ball or racket games,
walks, runs or Frisbee



BEING IN NATURE

Sitting outside in the sun with a book,
watching the sunset or stargazing at night



No Garden? No problem.

Try going for a walk. Take photos during this walk and put together a photo album/scrap book.

Create a small garden on your balcony or window sill, by growing your own fresh food.

<https://www.gardenersworld.com/how-to/grow-plants/coronavirus-how-to-garden-without-a-garden/>



Challenge yourself to jogging a 5K with the Couch to 5K App.

<https://www.bbc.co.uk/programmes/articles/2BN5HYHCwVPS1Krvzsk5wB2/the-couch-to-5k-challenge-makeyourmove>

While outdoors try to identify different plants, birds and butterflies.

<https://www.discoverwildlife.com/>

Indoor Activities

Try learning something new with a range of free online courses -
<https://www.open.edu/openlearn/>



Baking - try some new designs.
Cooking - try a new recipe

Explore online recipes and ideas.

Scrapbooks /
Board Games
/
Puzzles /
Quiz

Movies /
Audiobooks /
Online courses
/
Music /
Podcasts



Stay Connected



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WhatsApp Video Calls



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Facebook Video Calls



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Instagram



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Skype



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Emails & Recordings



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Facetime



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Facebook



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Snapchat



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Zoom



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Cards & Letters

Take care of YOU



Going Home Checklist



- ☒ Take a moment to think about today
- ☒ Acknowledge **the most difficult** thing at work today, and then let it go
- ☒ Be **proud** of what you did at work today
- ☒ Consider **three** things that went well
- ☒ Check on your colleagues before you leave: *are they ok?*
- ☒ *Are you ok?* Your colleagues are here to listen to and support you too
- ☒ Now switch your attention to home.
Rest and recharge



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6 STEP BASIC BREATH AWARENESS MEDITATION

Breath awareness is a simple but powerful breathing meditation technique that puts the mind back into contact with the breath. It will make you more aware of your body and your physical being, and it will focus and relax your mind.

1

Set a timer for 3 minutes.

Make sure you're in a space free from distractions and that the temperature of the room is comfortable for you. Choose a comfortable place to sit.

2

Sit comfortably with your eyes closed.

Focus your attention on the present moment ... on sights, sounds and sensations. Thoughts will come up; simply ask these thoughts to slow down.

3

Focus your attention on your breath.

Observe your breath moving smoothly in and out of your body. Just simply observe it, like sitting on the shore of the ocean watching the waves coming and going.

4

Bring your mind back to the breath.

When your mind wanders, you may momentarily forget to focus on your breath. Simply bring your mind back to the present moment and back to your breath. Always return to the breath.

5

Let go of thoughts and feelings.

When thoughts and feelings come up, observe them, but do not attach to them. Non-attachment is observing from a distance. Just let the thoughts and feelings go. It's just a thought; nothing more.

6

Continue the meditation.

For 3 minutes, continue in this manner. Simply relax, breathe, focus, and let go, repeating the steps as necessary. Relax. Breathe. Focus. Let go.

Me time

It is important to acknowledge that this is a new situation and it impacts us all individually. The uncertainty, worry and restrictions are **EXHAUSTING** - it is ok to rest and recharge.



Refrain from discussing work with colleagues out with working hours - Turn Off! For your benefit and theirs

Perhaps a bubble bath with different oils and essences.

Why not try a bullet journal?



Worry does not take away tomorrow's troubles; it takes away today's peace.

Family Time



It is important to maintain quality family time. Nominate, at least, one night per week to try these ideas.

Someone prepares a home cooked dinner. Everyone gets dressed up to attend.



Have a family game night - board games or virtually with zoom app.



Put a list of your favourite movies into a hat and pick one at random. Get cosy with sweets and snacks.

HomeGrownHeartsAcademy.com

Sleep



Remember it is normal to experience a range of emotions during the current situation. During this period, of increased uncertainty, finding it difficult to sleep is very common - so here are some resources to promote good sleeping habits!

Every Mind Matters - Steps to ease unsettled nights. <https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

Mood Juice - Self Help Guide
<https://www.moodjuice.scot.nhs.uk/sleepproblems.asp>

Sleep Scotland - Children and Teenagers
<https://www.sleepscotland.org/>

NHS 24 - Taking care of your sleeping pattern.
Watch here: <https://www.youtube.com/watch?v=A7Hy5WVkfsk>



Exercise



Exercise is important for both our physical and mental health. It is recommended that individuals partake in 150 minutes of physical activity per week.

Glasgow Club have a variety of Live Streaming Exercise classes, and pre recorded ones for you to dip into at a time most suitable to you - <https://glasgowclub.org/News/Pages/Working-Out-From-Home.aspx>

We may have to work from home and not be as active: during this time it is important that we are doing exercises to prevent low back pain

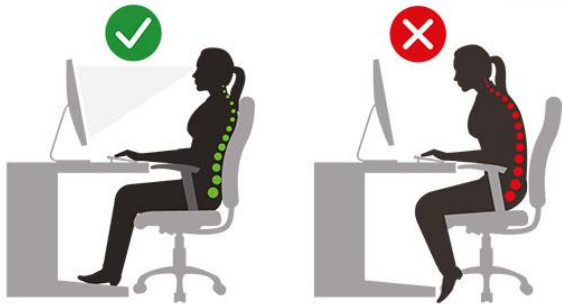
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<https://www.nhs.uk/liv-e-well/exercise/lower-back-pain-exercises/>

Joe Wicks The Body Coach 9am P.E sessions. Fun for both Adults & Children
<https://bit.ly/3bW52a9>

There are plenty of lower impact based exercises available such as: Yoga & Pilates.
Why not try a YouTube video?

Posture

While more of us are working from home/different environments, it is important to take care of your posture.



Try to create a safe working place to support your spine.

Try moving/ walking more.

Avoid sitting for long periods.

- **Posture tips for laptop users** - <https://www.nhs.uk/live-well/healthy-body/posture-tips-for-laptop-users/>
- **How to sit at a desk correctly** - <https://www.nhs.uk/live-well/healthy-body/how-to-sit-correctly/>
- **Pilates for back pain** - <https://www.nhs.uk/conditions/nhs-fitness-studio/chronic-back-pain-pilates-exercise-video/>

Advice for Children during COVID 19

COPING WITH STRESS

The **World Health Organisation** have produced some information to help children cope with stress during this time
<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>

MENTAL WELLBEING

Young Scot have developed a resource for young people to keep them safe including handwashing and mental wellbeing advice
<https://young.scot/campaigns/national/coronavirus>

SUPPORTING DISABILITIES

The Scottish Government has produced guidance on supporting disabled children, young people and their families
<https://www.gov.scot/publications/supporting-disabled-children-young-people-and-their-families/pages/covid-19-information-for-disabled-children-young-people-and-their-families/>



Hungry Little Minds
<https://hungrylittleminds.campaign.gov.uk>

Behind the scenes & virtual
tour at London Zoo
<https://www.bbc.co.uk/news/round/52154913>



ACTIVITIES FOR CHILDREN



KIDs Independently
Developing Skills
<https://www.nhsggc.org.uk/kids/>

National Autistic Society
<https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx>



More Activities for Children

Try and keep structure and routine to your child's day as much as possible. Children should wake up, eat, exercise and go to bed at usual times. Perhaps try and engage your child with an activity chart that they can input into? For more advice visit Parent Club - <https://www.parentclub.scot/topics/coronavirus>

- Indoor/Outdoor obstacle courses.
- **Try treasure hunt:** Turn your home into a hidden wilderness with hidden treasure - children can play pretend games as hunting pirates.
- **Get active,** build in activities that help everyone get exercise - take a daily family walk or bike ride.
- **Arts and crafts,** try painting, drawing, colouring in
- **Keep connected,** with relatives, peers via social media, video applications, through the phone

- **Try a yoga session** from Cosmic Kids Yoga - <https://www.youtube.com/user/CosmicKidsYoga>
- **Disco time:** get dancing through encouraging your child to move
- **Play board Games** which are a fun and easy way to keep everyone distracted
- **Try cooking/ baking** during this time - try making home made pizzas, baking time together
- **Read a book,** books are a good way for young people to escape and take their mind off from what is currently happening

MAKE YOUR OWN BIRDFEEDER

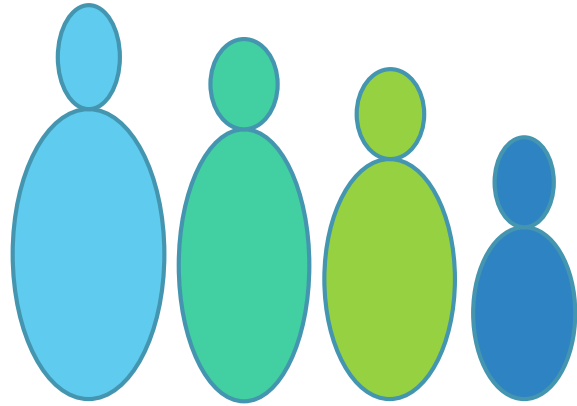
CBeebies: <https://www.bbc.co.uk/cbeebies/makes/bird-feeder>

YouTube: <https://www.youtube.com/watch?v=7yV6V6rtpyc>



References

- ▶ Royal College of Occupational Therapy Website : www.rcot.uk: Your health and wellbeing during COVID crisis
- ▶ Health eating resources from The Association of UK dieticians, more info at www.bda.uk.com
- ▶ BBC , helpful tips during the COVID crisis
- ▶ National Autistic Society -useful tips during COVID



Thank you!

Staying safe and keeping healthy during the outbreak
of COVID-19 will help protect yourself and others.