



Wellbeing Pack 6

Assert

Fortnightly

Activity

Assert will be sending 2 virtual activities out each month to replace the monthly trip that would have normally been organised. For the second activity this month, Cat has organised a virtual tour around Buckingham Palace! The first tour will take you to the Grand Staircase. Click on the smaller images to access further tours of the White Drawing Room, the Throne Room and the Blue Drawing Room. There are some interesting videos of Royal garden parties too so have a look around and let us know what you find...

<https://www.royal.uk/virtual-tours-buckingham-palace>

Assert's Webinar Series

There has been an impressive influx of new online resources for education and online course in the past few weeks, and then it dawned on us that we have a wide and varied source of knowledge within our own members! Assert wondered in any of our members would like to create a video about a subject they are interested in? All videos will need to be a maximum of 15 minutes long and will then be uploaded to our YouTube channel so that these videos can educate the other members of the Assert community. If you would like to know more or have a topic you would like to make a video about, please contact Jenna on jenna@assertbh.org.uk

Active Club

I will be sending out a different exercise video each week that we can do at home. I thought it would be nice if those of us who can, try to do it at the same time on a Friday afternoon at 3pm. Or whenever you can fit it into your week! This way, although well be doing it separately we can feel as though we are still doing it together! If you have any questions, please email jenna@assertbh.org.uk

Benefits

Caseworker

Alex is taking referrals for remote support. Although she does currently have a 3 week waiting list. Please contact her by email with any benefits questions or to arrange a remote appointment: benefits@assertbh.org.uk

Telephone

Support

Sessions

During this strange and unusual time we are currently living through, Assert have set up the opportunity to have a phone call or video chat with one of our volunteers. Calls will last up to 30 minutes and can be one offs or weekly. To book a chat or for more information please email Cat/Sue at activities@assertbh.org.uk

Peer Discussion Group

Debbie is organising a weekly Peer Discussion Group to take place on a Friday evening from 5:30pm to 7pm.

Routine

Keeping a daily routine can help our mental health, and especially so when we're all living in new circumstances during the coronavirus outbreak. A routine consists of a mixture of activities – from pleasurable hobbies, to chores. For a balanced routine we should also include work or studying, exercise and social activities. Keeping a routine provides structure and reduces anxiety.

For some people this change may be a good time to reconsider their previous routine and schedule and make some adaptations that suit them best. For instance, if you are no longer working, or have begun working from home, you may find that going to sleep a little later, and waking up a little later each morning, suits your natural rhythm. However, it is important to make this change consciously and incorporate it into your new routine each day of the week.

A change of routine however doesn't work for everyone. Infact this can be extremely distressing and anxiety provoking for many people. Therefore, sticking to your previous routine will maintain a sense of security and familiarity. If you were previously getting up at 7:30am for work, continue doing so. You are in control of creating a routine that makes you feel safe and comfortable. We can look at recreating this by taking a look at our previous weekly schedule. I'll use mine as an example below:

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Wake up	Wake up	Wake up	Wake up	Wake up		
Morning	Work	Work	Work	Work	Work	Run	Cleaning
1pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon	Work	Work	Work	Work	Work		Food shop
5pm	Home	Home	Home	Home	Home		
Evening	Run	Pilates	Food shop	Run			
8pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Night	TV/book	TV/book	TV/book	TV/book	Socialising	Socialising	TV/book
11pm	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

As you can see my Monday to Friday daytimes were quite structured due to work and would usually include time to commute to and from work as well. Now I am working from home, my mid-week has not really changed (only minus my commute) very much which I am also very grateful for. I did, however, have a day off yesterday and I didn't keep to my usual routine, which lead to me feeling unsettled all day. This was my motivation for writing about routine today for this week's pack.

Now let's think about how to spend our time is we have a blank timetable in front of us:

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Morning							
Lunch time							
Afternoon							
Dinner							
Evening							
Bedtime							

In this table I have not put any times, instead I only recommend that you still try to get up & have breakfast in the morning, have lunch roughly 4 hours later and dinner 4 hours after. This structure then breaks our day into three sections – morning, afternoon and evening. I think that really gives our days a more manageable structure. But how do we decide how to fill them?

Sleep

First things first, let's fill in what time you plan on going to bed and waking up every day. It is a good idea to keep this the same even on the weekend. While you are doing so, maybe have a think about some of what I wrote about last week – and how to ensure that you have a good sleep hygiene routine. What steps do you need to make before 'bedtime'. Maybe you could afford to write down a time that is 30 minutes before so that you have enough to switch off from your phone, read some book, have a shower etc.

One thing that has changed in my routine is that I have been getting up an hour later and starting work at 9:30am because I have been letting myself have an extra hour of sleep. As I talked about last week, sleep is extremely important for our wellbeing, and I know that I haven't been sleeping as well, or more specifically I haven't been getting to sleep as easily. Therefore, I have made this change as I believe that in times of heightened stress our bodies need some more care and time for processing these feelings.

Activities that are important to you

Let's start with an activity you really enjoy doing, that is important for you to continue during this time. This could be your favourite hobby or a class you used to attend. Would you be able to adapt your favourite activity to be able to do it at home? You may already have a hobby that you are able to do at home. At what time of day do you think is best to do this activity? Reading in the afternoon? Or doing some art in the morning light when you are feeling most creative?

Exercise

Allowing time to exercise and get some fresh air should be a priority. Exercising will not only be good for your body but also allow for an avenue for tension to leave your body if you are feeling stressed or anxious.

I will either go for a run or a walk after work as my daily trip out the house. I have mentioned before that I have started doing the Couch to 5k! And then I will try to do some yoga on the days that I walk to replace my usual Pilates class. To be honest this doesn't happen as often as I plan – but we also need to remember to be kind ourselves.

Setting Daily Goals

Doing things on the "to do" list or a daily chores list to get through will make your day seem achievable and productive. This list can include items such as getting out of bed, getting changed, eating three meals, staying hydrated, doing some form of exercise. It is necessary to remember that the measure of productivity for all of us had shifted during these times and therefore so have our to do lists.

Look after yourself

Ensuring that you are eating enough fruit & vegetables, and drinking enough water, will boost your energy levels and support your immune function. By splitting our days into three sections divided by mealtime break should encourage you to remember to eat and set times to keep your blood sugar & mood stable. Setting alarms and entering these times into a digital calendar or incorporating them into your daily list of things to do will you help to stick to this routine.

Creating a routine for the family

Again, having a strong routine for the whole family will maintain structure during this weird time for the whole family. Having a consistent routine for each member should hopefully alleviate some of the strain and chaos. Routines provide reassuring structure and purpose for children and families. Include a mix of learning, creative, physical and relaxation time and schedule time for 'electronics' if this is important.

Connecting

There has been a huge upheaval to how we socialise and communicate with others recently. Talking with friends, family and neighbours about what you have been doing and how you are feeling can help you to feel more connected. Arranging to speak to someone on the phone, or through social media, can improve your wellbeing – also the wellbeing of the person you speak to.