

## Wellbeing Pack 10

### **Fortnightly Activity**

Assert will be sending out 2 virtual activities out each month to replace the monthly trip that would have normally been organised. For May's second activity, I have chosen another National Theatre Live performance! This coming Thursday 'A Streetcar Named Desire' with Gillian Anderson (X Flies) and Venessa Kirby (The Crown) will be available on the NTL's YouTube channel until the 27th May.

<http://ntlive.nationaltheatre.org.uk/productions/ntlout7-a-streetcar-named-desire>

<https://www.youtube.com/watch?v=BJEpYaD3yTw>

### **Active Club**

I will be sending out a different exercise video each week that we can do at home. This week we will be doing a leg work out video from the NHS. 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](mailto:jenna@assertbh.org.uk)

<https://www.nhs.uk/conditions/nhs-fitness-studio/body-blast-legs/>

### **Benefits Caseworker**

Alex will soon be offering 1-to-1 budgeting advice and support sessions. Please contact her by email with any benefits questions or to arrange a remote appointment or if you would like to get on to the waiting list for this service: [benefits@assertbh.org.uk](mailto:benefits@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. Each week there will be a different topic for the conversation. This weeks topic is 'Exploring Interests'. Please email Debbie on [debstar0205@yahoo.com](mailto:debstar0205@yahoo.com)

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### **Workbook Activity: Resilience**

As part of the Life Skills courses Julia teaches a lot about resilience, what it is and it's importance to our on-going wellbeing. Having the ability to remain resilient to events may seem paramount in this current situation, but it is also a skill to practice throughout life. In this week's Wellbeing Pack, I am going to explain a couple of activities to practice that have been developed to help build a foundation for resilience.

During times when there feels and appears to be a lot of strife and difficulties, it can seem selfish and self-absorbed to put effort into being happy and content. However, if we can observe and reflect on the positives in our life, it can help to make the hardships feel more manageable. Being appreciative of small things allows for us to take stock and gain an altered perspective on our surroundings, giving us a sense of stable grounding and therefore increases our resilience to cope with some of the 'bigger' events.

Negative internal chat has a huge impact on how we perceive ourselves, situations & ourselves within situations. But being aware of this chat is the first step of try to reframe it. The way we think about a challenge drives our feelings towards it, not the situation itself. Therefore, that skill to practice is to seek out positive emotions & events. It may seem unachievable at first, or even 'silly', but looking on the bright side makes challenges seem more manageable. Below are 2 activities to practice this week to help us all to alter our perspectives and to hopefully build upon our sense of resilience.

### **Gratitude Journal**

Write one thing you are grateful for each day this week. On a piece of paper or on your computer begin the sentence: 'Today I am grateful for...' You will then have 7 things to look back on by the end of the week. If you find this activity beneficial, try and continue it and see what you come up with. Completing a daily gratitude journal can help to improve your wellbeing.

Jenna's example: Today I am grateful for... living by the sea

Day 1: Today I am grateful for...

Day 2: Today I am grateful for...

Day 3: Today I am grateful for...

Day 4: Today I am grateful for...

Day 5: Today I am grateful for...

Day 6: Today I am grateful for...

Day 7: Today I am grateful for...

## **Mindfulness Journal**

If you think that completing a Gratitude Journal does not feel right to you, I suggest completing a Mindfulness Journal instead. Please write down one thing that you saw, smelt, tasted, touched & heard that you liked & which brought you joy that day. Over time you may be able to list these sensations and they will help you to feel settled and grounded.

Jenna's example: These senses brought me joy today -

Sight – the sea

Smell – coffee

Taste – a chocolate digestive biscuit

Touch – clean bedding when I changed my sheets

Sound– I am listening to one of favourite bands while I write this..

Day 1: These senses brought me joy today -

Sight -

Smell -

Taste -

Touch -

Sound -

Day 2: These senses brought me joy today -

Sight -

Smell -

Taste -

Touch -

Sound -

Day 3: These senses brought me joy today -

Sight -

Smell -

Taste -

Touch -

Sound -

Day 4: These senses brought me joy today -

Sight -

Smell -

Taste -

Touch -

Sound -

Day 5: These senses brought me joy today -

Sight -

Smell -

Taste -

Touch -

Sound -

Day 6: These senses brought me joy today -

Sight -

Smell -

Taste -

Touch -

Sound -

Day 7: These senses brought me joy today -

Sight -

Smell -

Taste -

Touch -

Sound -

If you would like to learn more about resilience and the different activities designed to understand & practice it, please contact Julia to discuss the new short courses.

Julia has also organised a Mindfulness course which begins soon. If you would like to learn more about Mindfulness & join the class, please contact Julia.

[Lifskills@assertbh.org.uk](mailto:Lifskills@assertbh.org.uk)