



Wellbeing Pack 14

Assert

Active Club

This week's activity is a Pilates class for those with knee problems. I will be doing this class at 3pm on Friday, please join me if you can or do it when you are able during the week.

<https://www.nhs.uk/conditions/nhs-fitness-studio/knee-problems-pilates-exercise-video/>

Lightning Talks

Would you like to create a 5-10 minute video about a subject they are interested in so that these videos can educate & entertain the other members of our neurodiverse community. You may use any camera or recording device but please record the video in landscape. 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

Boxing Training Course

From July 9th, Anton, the boxing instructor who taught a class for January's Active Club, will be leading a weekly online boxing training course. The session will be via Zoom and do-able from your home. We will work on some of the foundation steps and moves. You will be able to just try the first session, or to experience improved fitness, we recommend doing the whole 4-week course! Each session will be £5. If you have any questions, please email jenna@assertbh.org.uk

Budgeting Advice Service

As well as the usual benefit casework, Alex is now 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

Peer Discussion Group

Debbie is organising a weekly Peer Discussion Group to take place on a Friday evening from 5:30pm to 7pm. This week's topic is "Film: Come and share information about your favourite film, a film that changed how you think, different genres, film soundtrack etc or just come and perhaps get some ideas for future viewing". Each week there will be a different topic for the conversation. Please email Debbie on debbiet@assertbh.org.uk

Workbook: Boundaries

Boundaries are a set "limit to what is reasonable". Effective boundaries are the foundation of all healthy relationships. They encourage us to develop trust, stability & respect.

Wanting to set a boundary can come from evaluating the roles we may play in relationships that we might feel stuck in. We can have these feels in all types of relationships; romantic, friendships, family and work colleagues. Setting new boundaries can shift these dynamics if we choose.

We create boundaries in three stages; 1) defining the boundary 2) setting the boundary and 3) keeping the boundary. For many people these may need to be re-evaluated, re-defined & re-set in order to reach a level of compromise in the relationship.

When setting a boundary, it is important to define what the issue is and what you want to achieve. It is also important to define the boundary in terms of the person's behaviours rather than their character. You should then prepare to have a conversation with the other person about the proposed change. Effective and clear language builds trust and leads to people to people being more honest.

Please always remember that "your needs are equal to theirs" and that "you cannot change some else, only your own behaviours".

Exercise: Keeping one promise to yourself each day

Boundaries allow us to be more responsible for our actions. When we have a clear idea of acceptable behaviours for ourselves first, we build an idea of what behaviours we consider accountable in others. This builds our confidence in then setting boundaries with others.

Examples of setting a boundary with ourselves may be to practice a healthier behaviour e.g.

- eating 5 pieces of fruit & vegetables a day
- to make the bed every morning
- leave the house once a day
- do the washing up

What small promise will you be setting yourself this week?

How well do you think you will keep it? Try and pick something that is achievable.

If you are finding it difficult as the week goes on, is there anything you could adapt?

Exercise: Setting a personal space boundary

Many of us have been living in crowded spaces for the past few months, with not a lot of personal space or time.

As some of us have been working from home throughout, or are soon to be starting to work from home in the coming months, learning to create space, physically and also mentally, can

difficult. I listened to a podcast with an anthropologist discussing how her and her partner have navigated working from home during lockdown. She was describing how, although they are squeezed into the same room, literally back-to-back, they have strict “work-time” boundaries set in place; they exist in the same room but continue to give one another ‘personal space’ by not interrupting each other's day and only chatting during their lunch break and waiting till after work to socialise. I know that I have been guilty of disrupting my housemate during the work day, and also being disrupted and being very annoyed. So, after listening to this podcast I went on to have a conversation with them.

This week I would like you to practice curating a personal space for yourself. Either for your work place or some that you can rest or for leisure. Your own space where you feel comfortable, safe & feel a sense of inner peace. Space for you to have a relationship with yourself & just be in the present moment.

What I shall be practicing for this week's exercise is to create more personal space for myself alone. This incorporates both exercises as I am making the promise to myself to spend 1 hour alone a day. I will alternate between yoga, reading and running to fill this time. Or reflect and journal. I have a tendency to spend a lot of time with other people and then be social drained. This is something I am aware of and consciously trying to relearn.

Examples of creating space could be;

- Asking for specific times where you are not interrupted
- Asking for physical space
- Asking for emotional space
- Not reading the news
- An activity that you do on your own

How will you be creating space for yourself?

Do you think other people will respect this?

Do you think you can communicate this boundary differently so that they understand why it is important to you?