

Derbyshire Eating Disorder Services Occupational Therapy Newsletter 3

ACTIVITIES

Self-care, Productivity and Leisure

Hello Everyone....

Hope you are all doing ok. I've so been inspired by what so many of you have been up to.

Some of you have been learning German, getting involved in online art groups, knitting tiny intricate jellyfish, creating a fairy garden, supporting friends through making them cards, learning to relax and meditate or getting involved in an online theatre company.



There's been so many fabulous things going on, but it's also important to remember to cut yourself a bit of slack. We are in a pandemic and what's important too is to be kind to yourself. I've included a link to an article about this.

<https://www.newstatesman.com/science-tech/coronavirus/2020/05/how-focus-concentration-pandemic-brain-motivation-apps-pomodoro>

Karen

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So get yourself a cuppa and let's get started.....



Occupational Therapy activity challenge

Arty Challenge:

The challenge is to get mindful through art. Mindful drawing helps you focus on the present moment which can reduce stress and increase your wellbeing. So grab a pencil and immerse yourself in the here and now. Here are some ideas taken from a website below.

<https://www.montmarte.net/creativeconnection/articles/show/8-mindfulness-drawing-ideas-2>

<https://www.montmarte.net/mont-marte-tv/category/drawing-illustration>

1. Draw something from your immediate surroundings...anything you like... focus on its lines and textures. Draw what you see and notice your senses and emotions while drawing.

2. Blind contour drawing...I'd not heard of this before but the idea is that you don't look at your paper but focus on the object in front of you and draw going with the flow...a challenge for the perfectionists amongst us as it will produce some funny results and you will have to challenge your inner critic and enjoy the process.



3. Choose a word that makes you feel relaxed and start drawing it. Take any approach you like, whether it is bubble writing or filling your letters with patterns and maybe filling in with colours.
4. Just doodle create patterns shapes, scribbles or whatever comes to mind. You'll be amazed what can appear when you let your creativity flow and let go of your inner critic.



2. Wellbeing links for relaxation

Create a self soothe box:

Some of you will have heard of this before or already have one but for those that don't, this can be a great little project to try during this time or make your existing box even nicer.

This is a box of things that ground you and make you feel more relaxed or give you a sense of wellbeing.

It is recommended to add a range of sensory things to focus your mind on. If everything is together in one place like a bag or a box it means that if you are struggling or need to access a feeling of wellbeing it is all to hand.

Things to include are things that stimulate:

Touch: e.g. Plasticine (think of the colourful things you can make with this), Lego blocks, fidget spinners, stress balls, a fluffy toy.

Memories: Photos of positive memories, write down memories of a good experience.

Smell: A bottle of essential oil you like, your favourite perfume, a scented candle, room spray.

Music: This might not be in your box but rather in your phone but together in a playlist, with a range of uplifting or relaxing, soothing music easy to hand in one place when you want and need it.

Sight: Beautiful images of a landscape, a flower, a pet; images from nature can be particularly soothing.

Positive affirmations: Quotes, poems about positive change, letters you have written to yourself to encourage yourself.

Techniques: Reminders of relaxing breathing techniques, progressive muscle relaxation exercises, compassionate mind meditations and stretching. There are couple of lovely fold and keep handouts in PDF form made by one of our service users at the end of the newsletter, these are in the form of 'Zines' that would be great for this purpose. Read to the end to find out more.

Activity: If there is an activity to help you soothe yourself, such as reading, colouring in, knitting, crosswords, whatever it is, keep it light and positive as you are trying to sooth yourself.

Here is an example of a Self-Soothe Box I've created for myself:



There are also some great resources for managing anxiety on this link to the NHS site below. I particularly like using breathing and mindfulness.

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Hand Tracing Breathing Technique:

Start by placing your index finger at the bottom of your opposite thumb. Continue by using your index finger to trace around the outside of your hand, inhaling on the way up the thumb/fingers and exhaling on the way down. This is a quick and easy way to steady your breathing, be mindful and activate the parasympathetic system (your rest and contentment system). Better yet switch to your non-dominant hand as the tracer for an additional five breaths.



3. Keeping in touch with friends, family and support

As highlighted in previous newsletters there are so many ways to connect with friends and family now, via video link, messenger apps, text or a good old-fashioned telephone call.

The most important thing is to keep in some regular contact with people. It's often a good idea to create routines to help you stay connected e.g. every Friday a quiz night or every Sunday morning a check in with a family member, as this can keep contact regular.

There is also a lovely scheme so people can send letters to the vulnerable and elderly.

See the link below:

<https://www.omega.uk.net/a-letter-from-louise-p-214.htm>

4. Links for things to try and do, for education, productivity and leisure – free online courses

Are you a budding writer or just fancy trying something new? Creative writing could be for you. This link is for some free creative writing workshops, it looks great, take a look. There are three dates advertised but I notice one has already sold out so if you fancy this sign up quick.

<https://www.eventbrite.co.uk/e/love-letters-to-the-world-creative-writing-workshops-tickets-104758507516>

One of our lovely service users told me about this link, it's called Future Learn and there are lots of free online courses available so get your thinking cap on and get learning if you fancy it.

<https://www.futurelearn.com/courses>

Another great way to learn for free is through The Open University; see below to a link to their free courses.

<https://www.open.edu/openlearn/free-courses/full-catalogue>

Lots of books are now available for free on Audible for the bookworms or those who want to get back into reading. This link below is a service where you don't need to register your email or sign up. It has been set up for children however it includes loads of literally classics so good for adults too.



<https://stories.audible.com/discovery>

For the green-fingered amongst us here are some tips and advice from The National Trust on gardening at home for beginners, some great ideas in here. Nurturing plants, even if all you have is a small window box, can give a great sense of wellbeing.



https://www.nationaltrust.org.uk/features/gardening-tips-from-our-garden-to-yours?campid=Social_Central_Spring_IGS_GardenHerbs-140520

5. Practical advice and links

Below is the link to look at if you are in the extremely vulnerable category. If you are not on this list and need help please talk to us about it, we can talk to you about the other various ways to get you the help and support you need. If you are not on the list it is still vital to keep yourself safe and well. Speak to your key worker about ways to keep yourself as safe as possible (such as getting support to get food so you do not need to visit supermarkets).

<https://www.gov.uk/coronavirus-extremely-vulnerable>



Below is a link from Derbyshire Council with advice on managing finances, legal issues, and consumer and welfare rights.

<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/benefits-debt-and-legal-matters/managing-money-and-debt/managing-your-money-or-debts.aspx#>

Derbyshire Healthcare now has a Mental Health Support Line available to anyone who lives in Derbyshire. Call 0300 790 0596 between the hours of 9am and midnight, seven days a week.

<https://www.derbyshirehealthcareft.nhs.uk/getting-help/coronavirus-covid-19/mental-health-support-line>

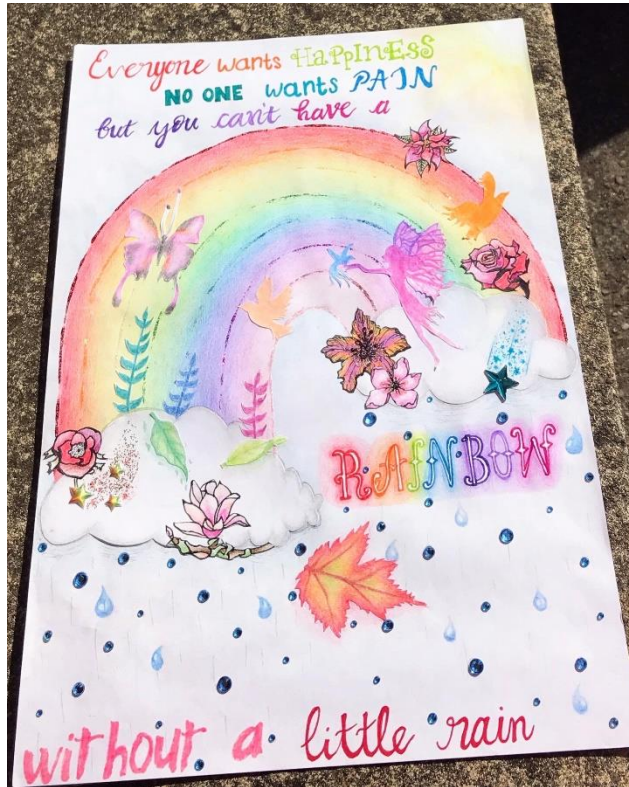
Derbyshire County Council has published new pages on its website about support for carers, please see link <https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/support-for-carers/support-for-carers.aspx>

6. Sharing staying well activities

This is a lovely artwork done by a service user inspired by the waterlilies project in a previous newsletter.



Another lovely piece of work by a different service user.



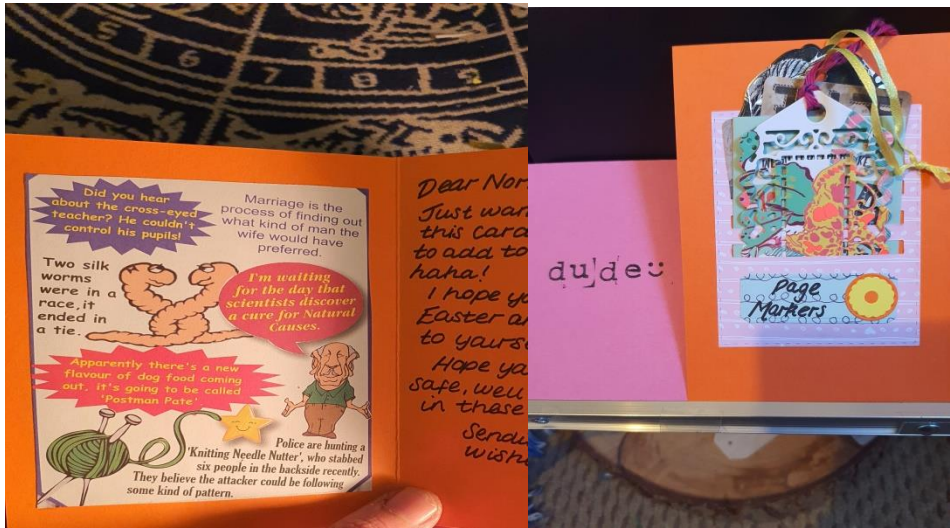
This next service user has been collecting some flowers and pressing them in a book



Look at this super intricate jellyfish (she's made it really tiny) made one of our service users. She's taken on the challenge of teaching herself how to knit.



Next are some lovely cards made by one of our service users and sent to some of her friends (making things for others can feel so good).



Alex, one of our service users, has made these lovely cut out and keep stressbusting and well-being 'Zines' below in PDF form. I've only recently found out what a Zine is.

It is like a mini magazine you make. These below have been made to fold into 4 so you can keep it in your pocket (or self-soothe box). I'd never heard of a Zine before but here is Wikipedia's description

'A zine (Zeen; short for magazine or fanzine) is a small-circulation self-published work of original or appropriated texts and images, usually reproduced via photocopier. **Zines** are the product of either a single person or a very small group. And they are popularly photocopied into physical prints for circulation.'

These are in PDF form because when I tried to insert them directly into the newsletter it didn't do them justice. Alex did these for a friend, they are great aren't they! If anyone is having trouble opening the PDFs (I can open them on my laptop but not my phone) email me and I will get a physical copy sent out to you.



Positivity Zine.pdf



positivity zine page
2.pdf

Finally just to say.....

If you want to chat about any of the activities above or anything Occupational Therapy related, ring our office number and I'll give you a ring back, or alternatively email me, titling it Occupational Therapy, to: karen.moore16@nhs.net

Please send me your pictures of what you have been doing to karen.moore16@nhs.net so I can share them with other service users in the next newsletter. I work Tuesday, Wednesday and Thursday.

For more urgent issues, mental/physical health-related questions or specific dietetic, psychological or medical advice, please contact our office number and leave a message and someone will call you back. Outside normal working hours, please call your GP out-of-hours service or 111.

Derbyshire Eating Disorder Service Tel: 01773 881467

Alongside this for other local great eating disorder support and information please call First Steps Derbyshire: 01332 367571 or email them on (also see below a great coping in the pandemic booklet that they have done: info@firststeps.co.uk



Guide for coping
(1).pdf

Stay safe and well ☺!