

REAL LIVES NEWSLETTER



WELCOME TO SPRING

Now that the clocks have gone forward we can look forward to some lighter evenings and the touch of sunshine around the corner.

With all the current restrictions due to Covid-19 we would like to share some hints and tips on how you can look after yourself and also some ideas on how to spend the days if you are self-isolating.



COVID - 19 PROTECT YOUR MENTAL HEALTH

Limit time spent watching/ reading news about the virus. You could decide on a specific time to check in with the news. Stick to trusted sources of information such as government, BBC and NHS websites. Mute WhatsApp groups and hide Facebook posts and feeds if you find them too overwhelming. Unfollow or mute accounts or hashtags that make you feel anxious.

Create a new daily routine and prioritise self-care. You could try reading more or watching films, having an exercise routine, practising relaxation techniques. Stay connected with your family and friends – call, text, FaceTime, or Skype daily with others. Reach out to others who may be feeling alone or concerned. Try to focus on things that are positive in your life – list three things to be grateful for each day.

TIPS TO HELP THOSE IN SELF ISOLATION

Take some time just for you and practice some wellness techniques to help you cope with the daily stresses.

You can tell stories about your life, your children's activities, your holiday or travel plans, new pets, or whatever you want to tell those closest to you!

Eat Regularly, if your blood sugar drops you might feel tired. Stay Hydrated, if you don't drink enough fluid you may find it difficult to concentrate.



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Check out our website:
www.real-lives.co.uk

OUTDOOR ACTIVITIES

Go for a long walk. Plan a route past your favourite landmarks, a local park, or just around your street. Stop and take time to notice your surroundings, the leaves on the trees, the flowers.

You are allowed to get out for a 30 minute walk each day, what better excuse than to take your dog for a walk.

Try to keep to the rule of social distance during these walks but this doesn't mean you cannot talk to people who are also out and about just keep 2 meters away.

Remember when you get home to wash your hands in soap and water immediately.

INDOOR ACTIVITIES

Play a board game with yourself or with a family member. If you have cards you can play solitaire. Play a game online, there are plenty of free online games. Do a jigsaw.

Watch a series on Netflix or amazon. Or if you don't have these, you can stream films and programmes online through YouTube or other platforms.

Listen to music online for free. Listen to some classical music to help you to feel relaxed.

Get a workout in. You don't need a gym membership to exercise. Download a workout app, there are plenty for free or simply google workout routines.

REAL LIVES SUPPORT

Real Lives is there to support you, if you want any advice or support please contact your PAL/Supervisor.

Crocus Café is currently closed due to the government guidelines however if you are struggling for food and provisions please contact your PAL / Supervisor and we will endeavor to either supply you with a food parcel or give you a food bank voucher.

The Real Lives / Crocus Café team have been working really hard behind the scenes to stay in touch wherever possible, some times it is not always possible to give face to face support but be assured we are just a phone call away.

Help us to help you by practicing social distancing and regular handwashing to keep you, your family and PAL's safe.

Use the guides in this newsletter which we hope will give you some tips and ideas.

Each day take a moment to think of three things you are grateful for. It might be something kind that someone did for you, a nice chat with family/friends, something good you achieved today. Thinking about things you are grateful for rewires the brain to focus on the positives in life

SLEEP

Go to bed and get up at a regular time

Have a bedtime routine and wind down before bedtime – Have a soothing drink like camomile tea or hot milk. Have a bath, or a routine of washing your face and brushing your teeth.

Get up if you are worrying, or are not asleep after 30 minutes, and do something relaxing – e.g. read a book or listen to some (calming) music

Exercise regularly, but not in the late evening

Make sure your bed and bedroom are comfortable, for example, quiet, dark, not too hot or too cold

Check whether any medicines you are taking may be affecting your sleep

Do a relaxed breathing exercise (one hand on stomach, other on your chest, deliberately slow your breathing, breathe deeply in your stomach).

Set aside 20 minutes each day for “worry time”. Make a list of your worries and categorise them as either things you can control or things you can’t control. For things you can control, what actions can you take to feel better? If you find yourself worrying in bed, try to notice this and remember that you will address worries in “worry time” tomorrow – now is time to rest and recharge.

Don’t worry about not getting enough sleep

Don’t lie in bed worrying about other problems

Don’t use your bed for things other than sleep

Don’t eat or drink caffeine close to bedtime, and cut down during the day

Don’t smoke close to bedtime

Don’t drink alcohol close to bedtime

Don’t go to bed until you feel sleepy

Don’t take naps during the day

Don’t stay in bed longer to catch up on lost sleep

Don’t use a device with a bright screen in the hour before bedtime

