Staying Well
ALDT Occupational Therapy Services
NHS Greater Glasgow & Clyde
What is going on?

This is a guide for everyone as we all need helpful hints, tips and a bit of fun during lockdown.

This document sets out to give you some ideas to try, which will promote engagement with meaningful activities in a different way than usual. This will enhance your over all wellbeing - give it a go.
Topics

- Self Care
- Outdoor/Indoor Activities
- Stay Connected
- Wellbeing
- Family Time
- Sleep
- Exercise
- Posture
- Children’s Activities
Self Care

Routines provide purpose.
Balancing your weekly routine in a good mix of work, rest and leisure
Set daily goals to provide a sense of achievement.

Routine

Diet

Eating and drinking healthy to support your immune system
More info at www.bda.uk.com

Posture

Ensure correct posture for work
Include lots of movement breaks and avoid sitting still for long periods of time

Wellness

Keep in touch with friends and family
Arrange to speak to someone most days, even if it's over the garden fence
Outdoor Activities

**GARDENING**
Mowing the lawn, potting plants
Growing fruit or vegetables

**SPORT / FITNESS**
Ball or racket games,
Walks, runs or Frisbee

**FOOD**
BBQ’s, lunches on the lawn or picnics

**BEING IN NATURE**
Sitting outside in the sun with a book,
Watching the sunset or stargazing at night
No Garden? No problem.

Try going for a walk. Take photos during this walk and put together a photo album/scrap book.

Challenge yourself to jogging a 5K with the Couch to 5K App. https://www.bbc.co.uk/programmes/articles/2BN5HYHcwVPS1Krvzsk5wB2/the-couch-to-5k-challenge-makeyourmove

Create a small garden on your balcony or window sill, by growing your own fresh food. https://www.gardenersworld.com/how-to/grow-plants/coronavirus-how-to-garden-without-a-garden/

While outdoors try to identify different plants, birds and butterflies. https://www.discoverwildlife.com/
Indoor Activities

Try learning something new with a range of free online courses - https://www.open.edu/openlearn/

- Baking - try some new designs.
- Cooking - try a new recipe
- Explore online recipes and ideas.

- Scrapbooks / Board Games / Puzzles / Quiz
- Movies / Audiobooks / Online courses / Music / Podcasts
Stay Connected

WhatsApp Video Calls

Facebook Video Calls

Instagram

Skype

Emails & Recordings

Facetime

Facebook

Snapchat

Zoom

Cards & Letters
Take care of YOU

6 STEP BASIC BREATH AWARENESS MEDITATION

Breath awareness is a simple but powerful breathing meditation technique that puts the mind back into contact with the breath. It will make you more aware of your body and your physical being, and it will focus and relax your mind.

1. Set a timer for 3 minutes.
   Make sure you’re in a space free from distractions and that the temperature of the room is comfortable for you. Choose a comfortable place to sit.

2. Sit comfortably with your eyes closed.
   Focus your attention on the present moment ... on sights, sounds and sensations. Thoughts will come up; simply ask these thoughts to slow down.

3. Focus your attention on your breath.
   Observe your breath moving smoothly in and out of your body. Just simply observe it, like sitting on the shore of the ocean watching the waves coming and going.

4. Bring your mind back to the breath.
   When your mind wanders, you may momentarily forget to focus on your breath. Simply bring your mind back to the present moment and back to your breath. Always return to the breath.

5. Let go of thoughts and feelings.
   When thoughts and feelings come up, observe them, but do not attach to them. Non-attachment is observing from a distance. Just let the thoughts and feelings go. It’s just a thought, nothing more.

6. Continue the meditation.
   For 3 minutes, continue in this manner. Simply relax, breathe, focus, and let go, repeating the steps as necessary. Relax. Breathe. Focus. Let go.
Me time

It is important to acknowledge that this is a new situation and it impacts us all individually. The uncertainty, worry and restrictions are EXHAUSTING - it is ok to rest and recharge.

Refrain from discussing work out with working hours - Turn Off! For your benefit and theirs

Perhaps a bubble bath with different oils and essences.

Why not try a bullet journal?

Worry does not take away tomorrow’s troubles; it takes away today’s peace.
It is important to maintain quality family time. Nominate, at least, one night per week to try these ideas.

- Someone prepares a home cooked dinner. Everyone gets dressed up to attend.
- Put a list of your favourite movies into a hat and pick one at random. Get cosy with sweets and snacks.
- Have a family game night - board games or virtually with zoom app.
Remember it is normal to experience a range of emotions during the current situation. During this period, of increased uncertainty, finding it difficult to sleep is very common - so here are some resources to promote good sleeping habits!

Every Mind Matters - Steps to ease unsettled nights. [https://www.nhs.uk/oneyou/every-mind-matters/sleep/](https://www.nhs.uk/oneyou/every-mind-matters/sleep/)


Sleep Scotland - Children and Teenagers [https://www.sleepscotland.org/](https://www.sleepscotland.org/)

NHS 24 - Taking care of your sleeping pattern. Watch here: [https://www.youtube.com/watch?v=A7Hy5WVfks](https://www.youtube.com/watch?v=A7Hy5WVfks)
Exercise is important for both our physical and mental health. It is recommended that individuals partake in 150 minutes of physical activity per week.

Glasgow Club have a variety of Live Streaming Exercise classes, and pre recorded ones for you to dip into at a time most suitable to you - https://glasgowclub.org/News/Pages/Working-Out-From-Home.aspx

Joe Wicks The Body Coach 9am P.E sessions. Fun for both Adults & Children https://bit.ly/3bW52a9

We may have to work from home and not be as active: during this time it is important that we are doing exercises to prevent low back pain - https://www.nhs.uk/live-well/exercise/lower-back-pain-exercises/

There are plenty of lower impact based exercises available such as: Yoga & Pilates. Why not try a YouTube video?
While more of us are working from home/different environments, it is important to take care of your posture.

- Posture tips for laptop users - [https://www.nhs.uk/live-well/healthy-body/posture-tips-for-laptop-users/](https://www.nhs.uk/live-well/healthy-body/posture-tips-for-laptop-users/)
- How to sit at a desk correctly - [https://www.nhs.uk/live-well/healthy-body/how-to-sit-correctly/](https://www.nhs.uk/live-well/healthy-body/how-to-sit-correctly/)
Advice for Children during COVID 19

COPING WITH STRESS
The World Health Organisation have produced some information to help children cope with stress during this time https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf

MENTAL WELLBEING
Young Scot have developed a resource for young people to keep them safe including handwashing and mental wellbeing advice https://young.scot/campaigns/national/coronavirus

SUPPORTING DISABILITIES
ACTIVITIES FOR CHILDREN

Hungry Little Minds
https://hungrylittleminds.campaign.gov.uk

Behind the scenes & virtual tour at London Zoo
https://www.bbc.co.uk/newsround/52154913

KIDs Independently Developing Skills
https://www.nhsggc.org.uk/kids/

National Autistic Society
https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx
More Activities for Children

Try and keep structure and routine to your child’s day as much as possible. Children should wake up, eat, exercise and go to bed at usual times. Perhaps try and engage your child with an activity chart that they can input into? For more advice visit Parent Club - https://www.parentclub.scot/topics/coronavirus

- Indoor/Outdoor obstacle courses.
- **Try treasure hunt**: Turn your home into a hidden wilderness with hidden treasure - children can play pretend games as hunting pirates.
- **Get active**, build in activities that help everyone get exercise - take a daily family walk or bike ride.
- **Arts and crafts**, try painting, drawing, colouring in
- **Keep connected**, with relatives, peers via social media, video applications, through the phone

- **Try a yoga session from Cosmic Kids Yoga** - https://www.youtube.com/user/CosmicKidsYoga
- **Disco time**: get dancing through encouraging your child to move
- **Play board Games** which are a fun and easy way to keep everyone distracted
- **Try cooking/ baking** during this time - try making home made pizzas, baking time together
- **Read a book**, books are a good way for young people to escape and take their mind off from what is currently happening

MAKE YOUR OWN BIRDFEEDER
CBeebies: https://www.bbc.co.uk/cbeebies/makes/bird-feeder
YouTube: https://www.youtube.com/watch?v=7yV6V6rtpyc
References

- Royal College of Occupational Therapy Website: [www.rcot.uk](http://www.rcot.uk): Your health and wellbeing during COVID crisis
- Health eating resources from The Association of UK dieticians, more info at [www.bda.uk.com](http://www.bda.uk.com)
- BBC, helpful tips during the COVID crisis
- National Autistic Society - useful tips during COVID
Thank you!

Staying safe and keeping healthy during the outbreak of COVID-19 will help protect yourself and others.