

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

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Moving Forward

The next six packs (July - September) are designed to help you stay well and feel good while you navigate the 'new normal'. Facing a new set of challenges can be difficult so we wanted to send you a little something to help you build a resilience toolkit keeping you feeling well, engaged, creative and confident.

These Wellbeing packs are designed around the national Ways to Wellbeing initiative recognised to keep you fit and healthy in different ways, each pack will have different tips and creative activities for you to try.

The theme for this Pack is: Confidence & Self-esteem.

Remember it's really important to follow current Government Guidelines to keep yourself and others safe.

If you would like to chat with someone about your wellbeing or would like to know more about S2R please give us a call on 07933 358 800 (between 10am - 4pm).

Stay well and keep in touch

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Our Confidence

Recently our emotional health is being challenged like never before! Whilst there are a great many uncertainties about how the pandemic will play out, what is clear is that its impact on the wellbeing of those most affected could be long lasting. How we overcome these challenges will determine our general wellness, both during and after the emergence of lockdown. Building up our confidence and self-esteem will support us to face these uncertainties and look ahead to the future.

Our Resilience is Shining Through

Even in these unprecedented times, natural resilience is shining through. Examples of good will, thoughtfulness, empathy and care are everywhere we look. It is possible that the experience of Covid-19 could bring us together more and remind us to be kinder and more considerate to one another. Right now, we're seeing an increase in the awareness and understanding of mental health and how it affects us. Positive coping mechanisms are reported to be emerging in our communities. Actions are being taken by organisations who have introduced innovative ways to help overcome challenges and to help meet a range of differing needs. Many are offering vital social and practical support for one another.

Our Way Forward

Recently we have experienced life in a way none of us could have imagined. We have adopted new terminology like *shielding*, *bubbles*, *social distancing*, and now we have to look forward to prepare for this *new normal*.

Face coverings are new to us, as is social distancing and queuing to buy essential items, but remember the mantra 'we are all in it together'. All of us are being asked to do these things, so take comfort that you are not alone in this. The more we do these things, the more they become familiar, comfortable and make a difference.

[The Impact of COVID-19 on Global Mental Health: A Brief 2020](#)

Confidence and Self-esteem

Most of us have an idea what confidence and self-esteem mean and we may have some idea that these are both connected to wellbeing in some way. In fact the terms *self-confidence* and *self-esteem* are often used interchangeably when referring to how you feel about yourself.

As self-esteem and confidence are very similar, it helps to understand their individual roles when we are trying to improve our overall sense of wellbeing.

Self-esteem describes how you feel about yourself overall. For example: how much belief, positive regard, or self-love you feel about yourself. Self-esteem develops throughout your life from experiences and situations that influence how you view yourself today.

Self-esteem is unrelated to physical attractiveness. Studies found that people with low self-esteem were judged to be as attractive by others as people with high self-esteem.

Self-confidence fluctuates day to day, hour to hour. We might wake up feeling great about ourselves one day and totally insecure the next.

Self-confidence is how you feel about your skills and abilities, this can vary from situation to situation. For example: I may have healthy self-esteem but have low confidence when public speaking or solving a maths problem.

When you love and care for yourself your self-esteem improves, and when you have good self-esteem you are more likely to take on personal challenges which boost your self-confidence. In turn, when you feel confident in general, you will naturally begin to increase your overall sense of self-esteem.

How we feel about ourselves (self-esteem) and how we feel about our skills and abilities (self-confidence) are completely intertwined, so the good news is we can work to improve both at the same time.



Comfort Zones

All of us create our own 'comfort zone' – a way of living which makes us feel safe and secure. For example: we may live in the same town all our lives, may stick to one job for many years and may keep the same circle of friends. Whilst this comfort zone does offer a sense of security it can also begin to limit our sense of self-esteem and self-confidence.

One of the *5 Ways to Wellbeing* is to *Keep Learning* and this is a great way to make sure we don't get too locked into our personal comfort zone. Trying out new things and learning new skills is a great way to keep our brains active and growing, this in turn continually supports our self-esteem and confidence.

Personal Challenges

By keeping a journal we can put down our thoughts and feelings, reflect on things that have happened, the way we responded, and we can set ourselves personal challenges.

In this set of wellbeing packs we will be encouraging you to use the space at the back of each pack to note things down so that you can start to create your own journal. This doesn't mean you have to write loads every night! Just jot a few things down such as how you felt after trying one of the activities or something you are going to do to help you feel more positive.

Setting ourselves personal challenges, no matter how small, is a great way to keep us feeling motivated and positive. For example: your challenge might be to go for a short walk or go into a shop, and whilst this may bring up all kinds of feelings you will have a sense of achievement once you complete your task.

By setting ourselves goals and achieving them we are nourishing our self-esteem and confidence. This process is called the 'virtuous circle', because each challenge we achieve helps us to feel more positive about ourselves, and the more we do: the more we can do and so on.



Summary

Everyone can do simple things to improve their self-esteem and confidence. By starting with small and achievable personal challenges you can learn and grow and begin to make your comfort zone bigger. When you start to expand your comfort zone you will be creating your own virtuous circle and the more you do the easier it gets so look through this pack and set yourself some goals – a good tip is to write them in your journal then when you have completed your goal jot a few things down about how your success made you feel.

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Tips for Self Care

See how many you can try this week!

Have a daily routine

Try Yoga, Tai Chi or Pilates

Go for a walk and take notice of the natural world around you

Write a list of all the things you're grateful for

Gently stretch to release tension in your muscles

Do something new: a craft, a recipe, a hair colour, a puzzle

Call a friend and spend some quality time with them

Enjoy a bath or shower and try a body scrub or lotion

Sleep - a nap is a great way to recharge

Set a personal challenge

Unplug for a day - no social media or screens

De-clutter, tidy a windowsill or cupboard

Start a journal, jot down your thoughts and feelings

Dance to your favourite song

Do something mindfully, being fully in the moment

Laugh, put on a funny movie or TV show

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Mindful Textiles (Senses Mediation)

Step 1

Select your fabric. It might be an item of clothing that is soft, really decorative or that you love wearing. It might be a vintage textile either collected or given to you by someone. It could be something that you have made or something that you use every day in your home, the choice is up to you.

Step 2

Take time to really look at your textile, how does it look from a distance and close up. Can you see the weave, the patterns and textures and does it reflect the light? What do you notice?

Step 3

Now take time to really notice how your textile feels, is it rough, smooth, crunchy, lumpy, soft or fluffy? How does it feel if you put the textile up to your face? Does it feel any different?

Step 4

What does the fabric smell like? If it is made from wool perhaps you can smell the lanolin, maybe you can smell washing powder? See if you can notice anything, it doesn't matter if you can't.

Step 5

Bring the textile up to your ear, does it make a sound? Is it crinkly? Squeaky? Whatever you hear is great. Don't forget that it's okay if you don't hear anything.

Step 6

Go back and take another look at your fabric. Spend some more time noting what it feels like again. Is there anything different?

Step 7

Now that you've explored your fabric, perhaps you might like to do this again with other textiles as a way of bringing mindfulness into your daily life.



Thank you for taking part, if you've enjoyed this you can see more on the WOVEN website here: www.woveninkirklees.co.uk/online/mindfulness-exercises-with-textiles/

Or visit: www.janehowroyd.co.uk

How to Make a Tote Bag

Tote bags are very handy, they can be any size you like and are not complicated to make. This time I have chosen to do a bag that is a good size for taking to the shops or maybe a long walk with a picnic at the end!

The principle is the same regardless of size, so feel free to adjust the measurements as you see fit.

You will need:

- Fabric for the outside of the bag
- Fabric for the lining if you choose to have one
- Pins
- Scissors
- Tape Measure
- Pen or Pencil
- Sewing machine / hand sewing equipment



Don't worry if you don't have a sewing machine. To sew the bag by hand simply follow exactly the same steps as in the original instructions using a couple of different stitches.

1) Measure the width and length you want your bag to be and cut the fabric. This means that you can make the bag the right size for its contents. If you do this, make sure to add a couple of inches to the top and side to allow for wiggle room and seam allowances.



2) You should now have four pieces (if you are also making a lining – not always necessary).

At this point, if you wish to have a pocket, fold a piece of fabric 9" by 12" in half (so it becomes 9" by 6") right sides facing. Sew round 3 and half sides leaving room for turning. Once turned the right way round, sew up the turning space and sew onto one side of the bag lining so it will face the inside of the bag.

How to Make a Tote Bag continued...



3) Put them right sides together (patterned sides facing) and pin.

4) Sew the pieces together along both long sides and one short side, use a half inch seam allowance but feel free to use whatever you would like. When you get to a corner you can either pivot with the needle down or carry on and start a new line of stitching. If hand sewing: use a backstitch – quite tight if you can as you want all the security you can get for carrying your precious items.

5) You should now have two basic bags. Take the corner and pull the sides out to form a triangle, put a pin through the seam and out the opposite seam. The pin will hold the fabric while you measure across the triangle. This is going to give the bag a flat bottom, if you don't want this on your bag then you can skip this step.

6) Draw a straight line across the fabric, the size of this will depend on the size of your bag. This line is four inches. When you have marked out both sides, repeat the above steps for the lining (if you have one).

7) Sew along the drawn line, back stitch at the start and end to reinforce it. When you have sewn across all the corners, cut off the excess fabric and remember to leave the same amount as your seam allowance. For this bag leave half an inch of fabric after cutting.



8) We are now going to make some straps, to do this you first need to decide where you would like your bag to hang. Once you have decided, measure out two strips four inches wide by however long you would like.

9) Fold the strips in half along their length (right sides together) and press. Pin along the length of the strips and sew using the same seam allowance used for the bag. Use a slightly smaller stitch and back stitch at the start and end.

10) Once both straps are finished, turn them right side out and press. Make sure the seam is in the centre and not on the edge when you do this.

11) If you are making a lining, place it inside the outer fabric (right sides together) and match up the side seams.

How to Make a Tote Bag continued...

12) Take your straps and lay them on top of the bag, decide how far apart you would like them. I recommend leaving a minimum of two inches from the edge of the bag so that there isn't any strain. If your bag is smaller then you can adjust this, but make sure there is a gap between the edge of the bag and straps.

13) Once you have decided on strap placement, pin the straps to the bag. A very important point – make sure the straps go inside the bag, between the fabric and the lining.

14) Once you have pinned your straps (inside the bag!) sew around the top edge of the bag, back stitch as you go over and come off a strap to reinforce them. Be sure to leave a gap between one of the straps so that you can turn the bag the right way when you're finished. I put two additional pins on the straps in question so that I know when to stop and start sewing.

15) Sew around the bag twice with a matching thread, the first line of stitching a quarter inch from the top and the second line half an inch from the top.

16) Once you have finished sewing, turn the bag the right way and press along the top edge. When you get to the gap, fold the edges inside the bag and continue pressing.

17) Sew the gap closed and enjoy your finished tote!

Applique is also a fantastic method to use if sewing your bag by hand – you can really personalise it by embellishing the bag with your favourite things.

Well done!

To view the 'How to' video for making a tote bag, visit: www.s2r.org.uk/sew-simple



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What is Eco-therapy?

The word ecotherapy comes from another word first used in the early part of the 20th century – *ecopsychology* which is the study of how nature affects mental health as well as psychological and emotional wellbeing.

Basically, ecotherapy is now used to mean all the different ways we apply a wide range of nature based activities to help improve people's mental and physical health and wellbeing.



Recent scientific studies have linked exposure to nature with reduced stress, lower blood pressure, raised mood, improved concentration and memory, improved self-esteem, and feelings of good health and energy.

As the scientific consensus strengthens, medical professionals are increasingly willing and able to suggest time outdoors as a curative measure, with equal value to medication and other forms of treatment.

There are now more ways than ever to find activities that you can enjoy: from fell walking and kayaking to gardening and local guided walks. Engaging with nature is good for all of us and the best bit is: it's free!

If you'd like to try some ecotherapy for yourself check out our website for details of what our Great Outdoors Project can offer.

www.s2r.org.uk/take-part

If you would like to learn more about ecotherapy, here are two good websites:

<https://mindfulecotherapy.org/wp-content/uploads/2017/10/Ecotherapy-An-Introduction-PowerPoint.pdf>

<https://www.prospectmagazine.co.uk/magazine/the-nature-cure-how-the-great-outdoors-is-transforming-treatment-of-mental-health>

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Eco-therapy Bingo

See how many activities you can try
this week!

Eat your lunch
outside



Draw or
photograph a
leaf



Plant a seed



Lie down
under the trees



Go on a walk
and take a
new path



Stand under
the stars



Go out in the
rain



Find a new
tree or plant
and identify it





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Travelling on Public Transport

Are you planning to travel on a bus, train or boat? To help you make sense of the rules around wearing face coverings, take a look at the list of exemptions below. If you find you are exempt from wearing a face covering you can cut out the card below to show to public transport staff.

Face Covering Exemptions

You do not have to wear a face covering on public transport if you are:

- A child under the age of 11.
- Passengers in an allocated cabin, berth or other similar accommodation, when they are alone or with members of their household or support bubble.
- Passengers who remain in their private vehicle while on board public transport, for example: on a car ferry.
- If you have a physical or mental illness or impairment, or a disability that means you cannot put on, wear or remove a face covering.
- If putting on, wearing or removing a face covering would cause you severe distress.
- If you are travelling with, or providing assistance to, someone who relies on lip reading to communicate.
- If you are travelling to avoid injury or escape the risk of harm, and you do not have a face covering with you.
- If you need to remove it during your journey to avoid harm or injury or the risk of harm or injury to yourself or others.
- If you need to eat, drink, or take medication you can remove your face covering.
- If you are asked to remove your face covering by a police officer or other official, for example: to check your railcard.

Coronavirus (Covid-19) Safer Travel Guidance for Travellers: <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#exemptions-face-coverings>

COVID-19 Travel Assistance

My child is exempt from wearing a face covering



Metro is the transport network of the **West Yorkshire Combined Authority**

COVID-19 Travel Assistance

I am exempt from wearing a face covering



Metro is the transport network of the **West Yorkshire Combined Authority**

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Hints & Tips from our colleagues at Richmond Fellowship



Attending Appointments & Returning to Community Services

Many people will have to start adjusting to face to face meetings after months of only telephone or online support. This will understandably cause stress and anxiety for some people. For some it may be fears around catching Covid-19, for other's it may be around socialising and adjusting to meeting people face to face again. Organisations will have government guidance and processes in place to ensure your safety and to maintain the new social distancing measure of 1 metre.

The following links provide some support for these issues.

<https://www.helpguide.org/articles/anxiety/social-anxiety-disorder.htm>

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

<https://www.verywellmind.com/how-to-reduce-your-panicrelatedavoidancebehaviors-2584148>

Preparing for the *New Normal* and Returning to Work

Returning to work. With the easing of Lockdown restrictions and the return to work for many, everyone will have mixed feelings. Lockdown has affected us all in different ways, and it is only normal to feel uncertain about what the future holds. Many people may feel anxious, confused, worried and apprehensive about going back to the workplace.

Organisations will be considering a range of adjustments to the way work is done to comply with government recommendations, so your place of work may look different to how it used to. Organisations will have government guidance and processes in place to ensure your safety at work.

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>
<https://www.acas.org.uk/coronavirus>

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Everyone's situation is unique. As you approach your return to work, there are some general principles that will give you the best chance of getting back to work and staying mentally healthy:

- It is important to keep in touch with colleagues and your line manager. We have all been impacted by the coronavirus in different ways. You may have been bereaved (there is information on getting support with this at the back of this pack), felt overwhelmed or isolated, or been unwell. If you share this with others they will be better able to help you in the weeks and months ahead.
- Think about your job and your situation. Does anything need to change to help you do your job well? If you haven't been told what to expect, ask what provisions have been made to create a safe work environment.
- Take things one step at a time. The way we all work is likely to keep changing in the coming weeks so we will need to keep adjusting. Don't expect everything to quickly return to normal.



Remember, this is a new situation that none of us have ever experienced before. For some people the mere thought of leaving the safe bubble that home has become can be anxiety provoking. It will be difficult for everyone and there is no right or wrong way to feel.

Everyone is finding their own path and things might not always go to plan. It is important to be kind to yourself and to be kind to others as we adjust to the *new normal*.

For details of local mental health services see the Support page at the back of this pack.

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Your Wellbeing Journal

10 minutes to reflect on your day

Date:

What did I do today?

How did I feel today?

What do I want to do tomorrow?

1. Essential task - getting up, dressed, cleaning teeth..
2. Activity - work, hobby, exercise...
3. Relaxation - reading, bath, calling a friend...

Date:

What did I do today?

How did I feel today?

What do I want to do tomorrow?

1. Essential task
2. Activity
3. Relaxation

Date:

What did I do today?

How did I feel today?

What do I want to do tomorrow?

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2. Activity
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2. Activity
3. Relaxation

Date:

What did I do today?

How did I feel today?

What do I want to do tomorrow?

1. Essential task
2. Activity
3. Relaxation

Any other thoughts, feelings or notes you'd like to record about your week?

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Support

Mental Health Help Line

0800 183 0558

Offering confidential help and support 24 hours a day. The helpline will provide a listening ear, emotional support and guidance to adults with new or existing mental health conditions. It will also provide information, advice and support to carers.

Kirklees Better Outcomes Partnership (Emergency Advice)

07562252940 (8am - 8pm)

Kirklees Gateway to Care – social services

01484 414933 (24 hours a day)

Pennine Domestic Abuse Partnership

0800 0527 222 (24 hour helpline)

Well-bean (Crisis) Cafe

Huddersfield 07741 900395

Dewsbury 07867 028 755

Community Response Helpline

01484 226 919 / 0800 4561114 (8am - 6pm weekdays, 10am - 4pm weekends & bank holidays) *Updated*

Support to Recovery (S2R)

07933 358 800 (10am - 4pm weekdays)

SPA mental health - Single Point of Access

01924 316 830

Folly Hall - Mental Health Service

01484 343 100

IAPT for people with low mood or anxiety

01484 343700

Grief and Loss Support Service

0808 196 3833 (8am - 8pm)

Take care and stay safe

What do you think?

Please tell us what you think of this Wellbeing Pack, all feedback is appreciated and if there is anything you would like us to include in future packs - do let us know - all ideas will be considered.

You can contact **S2R** on
07933 353 487
contact@s2r.org.uk

West Yorkshire and Harrogate
Health and Care Partnership
Grief and Loss Support Service



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Experiencing grief and loss?

We offer help and support,
however you need it



0808 196 3833
(8am-8pm 7 days a week)



griefandlosswyh.co.uk



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We hope you find this pack useful and enjoyable.

If you are comfortable using the internet - check out our website and social media pages for more wellbeing tips, nature-based and creative activities:

Website: www.s2r.org.uk

Facebook: [@S2R Create Space](https://www.facebook.com/S2RCreateSpace)

Twitter: [@CreateSpaceS2R](https://twitter.com/CreateSpaceS2R)

Instagram: [@S2RCreateSpace](https://www.instagram.com/S2RCreateSpace)

Remember to send in photos of activities you have been doing, it could be pictures of nature or a craft activity, we would love to see them and share with others.

S2R is a Mental Health & Wellbeing Charity delivering Wellbeing, Nature-based and Creative activities across Kirklees communities.

If you would like to support S2R by making a donation, you can do so online by visiting the 'Support Us' page of our website here:

www.s2r.org.uk/supportus

Or by post, addressing cheques to:

Support to Recovery, 5 - 7 Brook Street, Huddersfield HD1 1EB

Thank you