

# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R  
**CREATE  
SPACE**

Promoting Positive Mental Health

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**THE GREAT  
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# S2R

# WELLBEING PACK 12

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# Support to Recovery

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## Hello from S2R

These packs 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: Your Wellbeing.

This is the last in our series of wellbeing packs. Across the 12 editions we have provided hints and tips to keep you healthy and connected to others, given you activities that you can do in and outdoors, ways to move more often and help relax in the safety of your home. We've looked at the benefits of keeping a daily routine and structure and hopefully helped you develop ways to live well during these challenging times.

### Take Care, Keep Safe, Look After Yourself

## Support to Recovery

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

## Support

### Mental Health Help Line

0800 183 0558

Offering confidential help and support 24 hours a day.

### 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)

## Don't Worry, Be Happy!

During these uncertain times we have had to cope with changes to all aspects of our lives: who we see, where we go, how we get there. We're constantly getting used to new sets of rules, such as: social distancing, bubbles, the rule of 6, whether we're in or out of local lockdown and what that means: it's difficult to keep up and can be really stressful.

How we adapt to changing norms is important, worrying about things that we can't change or control can seriously affect our wellbeing. As humans we are an impressive piece of kit! We have evolved so our emotional and physical elements are entwined so if one element is out of sync then the other is too. For some, worrying gets out of control and effects how we live our lives, but by deflecting our worries and concentrating energy on things we can maintain or change we can build resilience, living happier, healthier lives.

### What is Worry?



We touched on this in Pack 11 when we looked at the signs and symptoms of Stress. Worries are unpleasant thoughts that you can't get out of your head. It's normal to have worries—everyone has them from time to time. It's only a problem when our worries get in the way of other parts of our lives, or if they make us feel unhappy often. Things will go wrong or change, it's inevitable and we need to accept it when they do.

1. When something is out of your control, tell yourself there is nothing you can do to alter the situation. Worrying is not going to change what has or will happen.
2. You need to let go of the circumstances you can't control. The next time you are worrying about something, shift your mindset. We worry instead of taking notice of what's good in our lives and the actions we can take for positive outcomes. Shift your thoughts to what you can and want to do and how good that will make you feel.

So like the song says -

**Don't Worry, Be Happy!**



## Where to Start?

When it comes to taking care of ourselves there is so much information available that it can sometimes feel a bit overwhelming and we might find it difficult to know where to start. Should we start by trying to eat more healthy food? Perhaps doing more exercise is the best place to start? Or what about finding a hobby or joining a group?....It can all seem like too much so we might just switch off and carry on with our old habits.



### Positive Action

I do something enjoyable



**Plan**  
 I'll do it again

## The Virtuous Circle

**Reflection**  
 I notice how it made me feel



**Outcome**  
 I feel better for doing it

A better way of thinking about starting to take care of our mental health and wellbeing is by understanding the idea of creating a **Virtuous Circle**. A virtuous circle can be defined as a beneficial cycle of events or actions, each of which has a positive effect on the next.

So let's think through a simple example:

- You decide to go for a walk
- When you are walking you forget about your worries and enjoy the fresh air
- That night you get a much better sleep because you have exercised
- Next day you wake up feeling a bit more energised so you go for another walk
- When you are out you meet a friend and walk together
- When you get home you're feeling more relaxed and sleep well
- Next day you go for a longer walk somewhere new



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## *Virtuous Circle*



You can see how taking one simple step – going for a walk – can lead to developing a virtuous circle. So in this example the more you walk, the better you feel and when you feel better you sleep better which gives you more energy to go for longer more adventurous walks etc.

This idea of creating virtuous circles works for any aspect of wellbeing so it doesn't really matter where you choose to begin. Any positive small change that you make to your routine can be the start of a new virtuous circle so why not try:

- Eating a bit more fresh fruit and veg
- Being a bit more active
- Learning something new
- Getting in touch with friends and neighbours
- Connecting with what's happening in your local community



Everybody is different and we won't all enjoy the same things, just because we know something is good for us doesn't necessarily mean we want to do it every day! So now you know there's no strict place to start with improving wellbeing, keep in mind it's just about taking small actions to help you feel physically and emotionally well.

There will be some positive actions that you make instinctively without realising how good for you they are. The thing to remember is that you don't have to wait until you're not feeling great to do something that makes you feel good. Everyday is an opportunity to try something new, take a positive action and maintain your wellbeing. New things can be scary but they can also be brilliant!

## SMART Goals

Setting and achieving goals boosts our self esteem and our wellbeing. But it is important to make sure we set **SMART** Goals. We should not set ourselves goals that we will never achieve.

**So SMART goals are:**

**SPECIFIC** – What do you want to do?

Be very specific – i.e. walk around the garden, learn a new recipe.

**MEASURABLE** – How will you know when its complete – can you measure it. i.e. walk for 20 minutes or swim twice a week or learn a new song.

**ATTAINABLE** – Is it something you can do?

So not setting things that are unrealistic, like swimming the channel or never eating chocolate again. So you could say I will only eat 2 bars of chocolate on a weekend.

**RELEVANT** – Or realistic, is it a goal you will reach?

**TIME-BOUND** – Is it within a set timescale so 20 minutes, or every Tuesday, or 2 miles.



Have a look at the list below - which are SMART goals?

- I'm going to get fit	Not specific enough
- I'm giving up cake, biscuits and chocolate	Not attainable
- I'm going to go for a 20 minute walk 3 times a week, starting Monday	YES this is a SMART goal
- I'm going to swim the Channel next week	Not attainable
- I'm going to take 10 minutes every day to relax and be mindful from today	YES this is a SMART goal





# ACTION CALENDAR: OPTIMISTIC OCTOBER 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Choose to be optimistic.  
It feels better" - Dalai Lama**



**5** Start your day with the most important thing on your list

**6** Do something constructive to improve a difficult situation

**7** Remember that things can change for the better

**8** Make progress on a project or task you have been avoiding

**9** Avoid blaming yourself or others. Just find the best way forward

**10** Take time to reflect on what you have achieved this week

**11** Focus on a positive change that you want to see in society

**12** Look for the good intentions in people around you today

**13** Put down your To-Do list and let yourself be spontaneous

**14** Do something to overcome an obstacle you are facing

**15** Look out for positive news and reasons to be cheerful today

**16** Thank yourself for achieving the things you often take for granted

**17** Share your most important goals with people you trust

**18** Make a list of things that you are looking forward to

**19** Set hopeful but realistic goals for the week ahead

**20** Find the joy in completing a task you've put off for some time

**21** Let go of the expectations of others and focus on what matters

**22** Share an inspiring idea with a loved one or colleague

**23** Write down 3 specific things that have gone well recently

**24** Recognise that you have a choice about what to prioritise

**25** Plan a fun or exciting activity to look forward to

**26** Start the week by writing down your top priorities & plans

**27** Be kind to yourself today. Remember, progress takes time

**28** Ask yourself, will this still matter a year from now?

**29** Find a new perspective on a problem you face

**30** Set a goal that links to your sense of purpose in life

**31** Think of 3 things that give you hope for the future



**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/optimistic-october](http://www.actionforhappiness.org/optimistic-october)

Keep Calm · Stay Wise · Be Kind





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## Positive Actions

**A positive action is something you do that improves your wellbeing or the wellbeing of others, often a positive action can do both!**

Giving to others and ourselves enhances our self esteem and wellbeing. Whether it is having time to look after ourselves, be a listening ear to others, volunteer, or giving a gift or your time to others. Social relationships can promote happiness and wellbeing; we are more likely to laugh when we are in the company of others. Go ahead and get connecting.

### Random Acts of Kindness:

<https://www.randomactsofkindness.org/kindness-ideas>

Doing something kind feels brilliant! Why not send a message to someone you care about - telling them what you like most about them and why they're great!

### Kindness Rocks:

<https://inspirekindness.com/blog/rock-painting>

A kindness rock, sometimes called a kindness stone, is simply a rock that someone has taken and decorated with an image or inspirational message and given to someone else or left somewhere for others to find. All you need is a smooth rock/stone, small paintbrush, acrylic paint and varnish to seal your design when finished. Take a look at the link above for more details and ideas.



### Are you interested in volunteering?

Whether you want to volunteer on a regular basis or just now and again, there are plenty of volunteer opportunities available on the Volunteering Kirklees website: <https://volunteeringkirklees.org.uk/opportunities/> If you have any questions or need some support finding the right opportunity you can contact Volunteering Kirklees on: 07776 588691 / 07776 588699 [volunteer@tslkirklees.org.uk](mailto:volunteer@tslkirklees.org.uk)

Volunteering is a great way to:

- ⇒ Meet new people
- ⇒ Develop transferable skills
- ⇒ Learn something new
- ⇒ Support causes that are important to you



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## Positive Actions

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**Activities that help you to learn, move more often and be mindful of yourself and your environment are also great positive actions to take.**

Learning improves our self-esteem and gives us a sense of achievement. When we learn something new we are satisfied and happier. So, learn a new skill, a new song, a new recipe, watch a new programme or read a new book.

Regular physical exercise is associated with lower rates of depression and anxiety across all age groups. So take the stairs and move more often.

Living in the moment, being grateful and appreciating what is around us helps us to feel more content and happier. Take a moment to appreciate the trees, colours and wildlife around us. Take a second to appreciate the ones we love. Listen to the rain or the leaves blowing in the wind. Appreciate those tastes and smells, our lunch, freshly cut grass.

Yoga is an activity that ticks all these boxes, so whether you've tried it before or are completely new to it - why not have a go!

### Yoga for S2R with Umbrella Yoga

**Mondays 12:30 - 13:30, Starting 5th October 2020  
Online via Zoom**

This is an invitation to join a weekly yoga session! It's free of charge and suitable for all.

- Wear comfy clothes.
- Find a space you can use. If you've got a mat - great—if not it doesn't matter at all.
- Grab a couple of cushions.
- If you want to use a chair for extra support that is also fine.
- Finally - come to the session ready to move, relax and enjoy!



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**Booking is essential, contact S2R to book: [contact@s2r.org.uk](mailto:contact@s2r.org.uk)**  
Zoom links and passwords will be shared in the morning before each session.



HM Government

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## *You Don't Need a Garden to Garden!*

We know not everyone has a garden, whether you do or don't - there are lots of public green spaces in Kirklees where you can help out. Remember we mentioned in earlier packs about Eco Therapy and how you can volunteer with local green-space groups?

Well here's a little reminder: there are lots of organisations, including S2R, who offer gardening / growing groups and outdoor activity sessions, and more still that are looking for volunteers to help maintain public spaces like parks, community gardens and woodland. Others offer group walks so you can enjoy meeting new people and exploring Yorkshire.

**You can find out all about Outdoor Environmental Groups in your area, and how to contact them, on the Natural Kirklees Directory:**

[www.naturalkirklees.org/directory/](http://www.naturalkirklees.org/directory/)

**Here's a few to get you started:**

**Huddersfield Ramblers** - countryside walks for all abilities: [www.ramblers.org.uk](http://www.ramblers.org.uk)  
Email: [ramblers@ramblers.org.uk](mailto:ramblers@ramblers.org.uk)  
Tel: 020 3961 3300

**S2R's Great Outdoors Project** - Tree Planting, Garden Upcycling, Allotments, Site Maintenance and more: [www.s2r.org.uk](http://www.s2r.org.uk)  
Email: [contact@s2r.org.uk](mailto:contact@s2r.org.uk)  
Tel: 07541095455

**Growing Works** - Outdoor activities and skill sharing: [www.growingworks.org.uk](http://www.growingworks.org.uk)  
Email: [info@growingworks.org.uk](mailto:info@growingworks.org.uk)  
Tel: 07719 509703



## Gardening: The health benefits of working in the garden

### Outdoor activities

Here's how many calories an hour of gardening can burn:



Heavy landscaping  
**400-600 kcal**



Raking the leaves  
**350-450 kcal**



Clearing the garden  
**400 kcal**



Mowing the lawn  
**250-350 kcal**



Weeding the lawn  
**200-400 kcal**



Planting flowers  
**200-400 kcal**



Watering the garden  
**120 kcal**

<https://www.axapphealthcare.co.uk/health-information/exercise-and-fitness/the-benefits-of-gardening/>





## Head

Gardeners have lower levels of the stress hormone, cortisol, leading to improved sleep patterns, relaxation and mental wellbeing.



## Heart

As a physical activity, gardening naturally helps strengthen the heart, building endurance and increasing stamina, meaning a reduced risk of heart attack and stroke.

<https://www.axapphealthcare.co.uk/health-information/exercise-and-fitness/the-benefits-of-gardening/>



## Torso

Raking and bagging leaves means constant bending, twisting, lifting, and carrying - all these strengthen muscles. Just remember to bend at the knees to prevent strain.



## Legs and feet

Squatting, lifting and pushing helps to build and tone gluteal muscles, hamstrings and quads. Balance and flexibility is also improved, helping to prevent falls in older adults.

Calories burned varies and depends on size (the heavier you are, the more you burn) age (younger people burn more calories), and muscle (muscle burns more calories than fat). The above figures display an average person's calorie burn per hour

## Keep Food Fun!

[www.goodhousekeeping.com](http://www.goodhousekeeping.com)

### Ingredients to make Snails:

- Celery sticks
- Peanut Butter / Cream Cheese
- Sliced Apple
- Sliced Orange
- Sliced Kiwi
- Sliced Cucumber
- Sliced Tomato
- Cashews
- Candy eyes

### Ingredients to make Caterpillars:

- Celery Stalks
- Peanut Butter / Cream Cheese
- Grapes
- Blueberries
- Cherry Tomatoes
- Celery or Radish
- Candy eyes



Photo by: Steven Giralt  
[www.goodhousekeeping.com](http://www.goodhousekeeping.com)

**1. Make the snails.** Fill celery stalks with peanut butter or cream cheese and top with an apple, orange, kiwi, cucumber or tomato slice shell and a cashew head. Use peanut butter or cream cheese to glue on candy eyes.

**2. Make the caterpillars.** Fill celery stalks with peanut butter or cream cheese and top with grapes, blueberries or grape tomatoes for the body and head. Use peanut butter or cream cheese to glue on candy eyes and celery or radish matchstick for antennae.

If you like these why not try:

Fruit Kebabs: <https://musthavemom.com/caterpillar-fruit-kabobs-party-food-idea/>

Apple Owl : <https://www.youtube.com/watch?v=T4TmVemzRII>

Fruit Hedgehog: <https://www.youtube.com/watch?v=KQOpOZJ5cv4>

More food Art Ideas: <http://www.italypaul.co.uk/>



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## All About Lavender

If you only use one essential oil, this is it!

Lavender (*lavandula angustifolia*) is the most versatile of all essential oils. Most commonly known for its relaxing effects on the body, therapeutic-grade lavender is highly regarded for the skin. It may be used to cleanse cuts, bruises and skin irritations.

The fragrance is calming, relaxing and balancing – physically and emotionally. Carrying a bottle of lavender around with you is like having your own personal first aid kit, perfume and pick-me-up.

Here are some ways you can incorporate lavender in to your daily life:

### 1. Calming

Rub 2-3 drops of lavender oil in your cupped palms, then inhale the fragrance to draw the scent all the way into your amygdala gland (the emotional warehouse) in your brain to calm the mind. Great for use in crowded areas to carve out your own personal oasis.

### 2. Better Sleep

Rub a drop of Lavender oil on your palms and smooth on your pillow to help you sleep.

### 3. Bee Sting / Insect Bite

Put a drop of Lavender oil on a bee sting or insect bite to stop itching & reduce swelling.

### 4. Minor Burns & Cuts

Put 2-3 drops Lavender oil on a minor burn to decrease pain. Drop a little Lavender oil on a cut to stop bleeding, clean the wound, and kill bacteria.

### 5. Nausea or Motion Sickness

To alleviate the symptoms of motion sickness, place a drop of Lavender oil on end of tongue, behind the ears or around the navel.

### 6. Dry or Chapped Skin

Rub lavender oil on dry or chapped skin, preferably mixed in with a neutral base cream.



Throughout October at S2R Create Space we're offering free Essential Oils classes on Thursday mornings. We'll cover a different essential oil each week including: Tea Tree, Eucalyptus, Lemon, Geranium and Frankincense.

To find out more or to book, email: [contact@s2r.org.uk](mailto:contact@s2r.org.uk) / call: 07933 358 800

## Hand Reflexology

Hand Reflexology is an ancient healing technique, and a form of touch therapy that applies pressure on specific areas on the hands. Practitioners believe the body is an interconnection of reflex points that correspond to different organs and body parts. Various combinations of finger and thumb techniques are used on specific reflex points in the hand to bring stress and pain relief.



Source: Beauty Express [www.MindBodyPal.com](http://www.MindBodyPal.com)

### How to do Hand Reflexology Massage (On Yourself or Someone Else)

Here are basic steps to doing a hand reflexology massage.

1. Make sure to wash your hands to avoid skin irritations or transfer of infections.
  - Use massage oils or lotion for easier and smoother manipulation of the fingers and hands.
  - Use consistent pressure in a circular motion for 3 to 5 seconds before moving to another area.
  - Refer to the reflexology hand chart above for reference to the body part or area you would like to focus on.
2. Start by rubbing your thumb on your palm in wide circles starting from the centre of the palm and working your way to the edges. Using a straight motion, rub your thumb pad starting from the knuckles all the way to the wrist. Use light pressure as this move is to help you relax.



## Hand Reflexology

3. Grasp a finger and rotate at the joint in a counter-clockwise motion. Do this for all the fingers.
4. Activate your hand pressure points by pressing the ends of each finger between a thumb and forefinger.
5. With your thumb and forefinger, rub counter-clockwise circles starting at the base of each finger all the way to the tip.
6. Use gentle pressure to rub all over the palm, the pads of the fingers, and the back of the hand working your way down to the wrist.
7. Drink water after each hand reflexology session to aid in expelling the wastes and toxins in your system.

### Reflexology can:

- ⇒ Reduce pain and promote relaxation enabling the body to lower stress and to manage it better;
- ⇒ Create a feeling of wellness and improve mood;
- ⇒ Stimulate the release of the body's happy hormones - serotonin for sleep, endorphins for pain, dopamine for alertness, and oxytocin for comfort;
- ⇒ Keep the body flexible and increase the range of movement;
- ⇒ Improve the overall circulation of the blood leading to greater oxygen and nutrient supply to the body.

## Reiki at Home



Reiki is a Japanese technique for stress reduction and relaxation that can also promote healing. While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and can work whether you believe in it or not. Reiki is a safe complementary therapy that you can practice on yourself in the comfort of your home.

### Potential health benefits of Reiki:

- ⇒ Improved mood and emotional wellbeing;
- ⇒ Reduced stress and increased relaxation;
- ⇒ Lower blood pressure and reduced anxiety;
- ⇒ Improved sleep.



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## *Reiki at Home*

So, if you'd like to have a go - here's how you can practice basic Reiki on yourself at home.

You don't need any special equipment just a quiet, comfortable space for a few minutes.

**1. Sit in a comfortable position and become aware of your breath.**

No need to change the pattern of your breathing – just pay attention to the flow – in and out, in and out. No judging it, no changing it – just noticing.

This is simply to become “present” and to stop some of the never-ending thoughts from interfering for the next few minutes.

**2. Take your hands (palms together) in front of you and rub them together quickly for 30 – 60 seconds. Let them become warm from the friction and feel that warmth.**

**3. Hold your hands 6-8 inches away from each other, facing each other and feel the energy flowing through them.**

**4. Close your eyes, now place your hands on any part of your body you may feel some stress or illness in. Keep them there for a few moments knowing you are sending positive “healing energy.” Feel the warmth of your hands.**

Move to another part of your body, concentrate on positive thoughts, If you feel like you are losing touch with feeling the energy – rub your hands together again.

There is no judgment and no way to do this incorrectly. Picture the energy in whatever way feels right for you.

In just five minutes you can change your energy flow and state of being. You can offer your body, mind, and spirit some self-care.

Practice daily, notice how this instils a sense of calm and warmth.

*Please remember if you have any health concerns it is important you seek medical advice.*

So give Reflexology or Reiki (or both) a try, maybe you'll feel some of the potential benefits. If you don't and decide neither are for you - keep trying new things! Different actions will work better for you at different times in your life, so be bold and keep taking positive action!



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*Let Your Imagination Flow*  
*Mindful Colouring*



**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?

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2. Activity
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3. Relaxation

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What did I do today?

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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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# Sudden

Help from day one onwards

Email: [help@sudden.org](mailto:help@sudden.org)

Phone: 0800 2600 400

Web: [www.sudden.org](http://www.sudden.org)

Help immediately after a COVID-19 death or any sudden / too-soon death

Sudden provides free help for anyone coping with a sudden bereavement – through COVID-19 (coronavirus) or another illness, a road crash, suicide, disaster, war, crime or accident.

If you have been affected by a sudden bereavement, or are caring for someone bereaved in this way use the following links to see how we can help:

[www.sudden.org/about-our-help/](http://www.sudden.org/about-our-help/)

## Social Distancing Badges

Optional badges that can be used to show the carrier may have difficulties or concerns in maintaining social distancing.

### Step 1

Cut along the long dashed line.

### Step 2

Fold along the short dotted line.

### Step 3

Take with you when you are going anywhere.

<https://www.gov.uk/government/publications/please-give-me-space-social-distancing-cards-or-badges>



Be kind.  
Thank you for  
understanding.

Please  
give me  
space.



Fold here

Cut along here

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WELLBEING PACK



12 editions produced  
April - October  
2020

## Support to Recovery (S2R)

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## Wellbeing Packs

*Have you tried any of our wellbeing tips, craft ideas or outdoor activities at home? Maybe you've developed a new hobby or tried one of our recipes.*

*We would love to hear about your thoughts and experiences of our Wellbeing Packs!*

*Please send us your feedback and photos by post, email or on social media.*



one community  
inspiring local giving...



01484 539 531



contact@s2r.org.uk



S2R Create Space



@CreateSpaceS2R



S2RCreateSpace



www.s2r.org.uk



S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB

**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](http://www.s2r.org.uk/supportus)

Or by post, addressing cheques to:

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

*Thank you*