



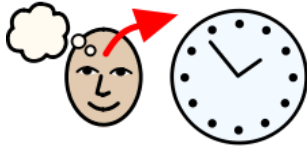
Due to Covid-19 and the need for us all to follow guidance, and enter lockdown to 'stay safe' we haven't been able to meet up in our usual ways at Network events at Sandal or by us visiting services. We wanted to bring everyone a 'Time Capsule' Edition of the Network Newsletter to help us all keep in touch and keep inspired during an unusual and difficult time! Thank you to all of you who have contributed to the Newsletter, we hope it is an edition you can look back on in time and remember all the positives that shone out of the darkness. We hope to hear from you all again soon and meet when it is safe to do so! Take Care. Holly, Jo, Charlotte.



INSIDE THIS ISSUE:

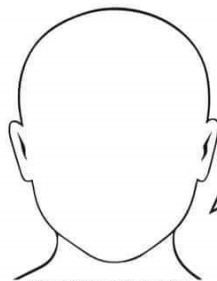
Capture your own Lockdown Memories	2
Lockdown Memories from the UK	3
Newhaven Olympics	4
Garrow House Artwork	6
McBradley's & Rainbow's	7
Humber Centre Occupational Therapy	8
Stockton Hall Paid Cleaning Roles	10
Ian and Gaby 'we live in hope'	11
Waterloo Manor- Covid 19 DBT	14
Blog: Bear v Virus	17
	20
Puzzle Pages	22





MY 2020 COVID-19 TIME CAPSULE

HOW I'M FEELING



HOW MY FACE LOOKS



I AM MOST THANKFUL FOR

WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1 _____	2 _____	3 _____
_____	_____	_____
_____	_____	_____

MY COMMUNITY



THINGS I AM DOING TO HELP FEEL CONNECTED WITH OTHERS:

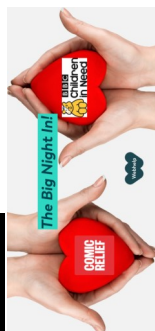
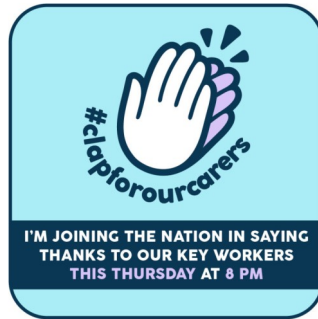
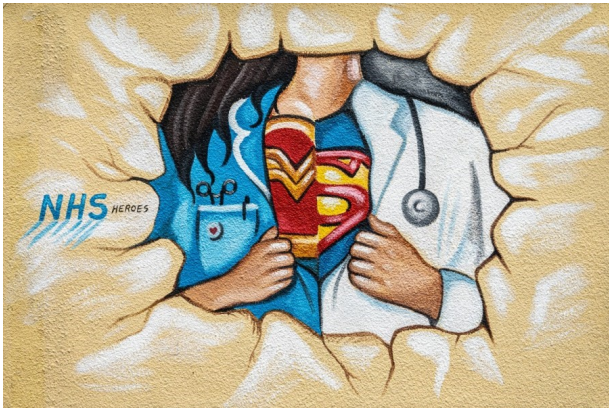
LIST OF ALL THE PEOPLE I CAN'T WAIT TO SEE AGAIN:

WHAT CHANGES HAVE I SEEN IN MY COMMUNITY? THE GOOD AND BAD...

PAGES BY LONG CREATIONS



Use this page to capture some of your Covid-19 Lockdown highlights to remember for the future!



Newhaven Olympics

Between the 4th and 7th of May, the service users of Newhaven learning disability unit held an Olympics tournament to benefit their physical and mental health during the Covid-19 lockdown. The lockdown has meant that service users are unable to go out and engage in their usual routines, and that visits from family and carers are on hold. The idea was therefore born out of service users wanting to make a meaningful use of this time in hospital to try out new activities, learn new skills, build on physical fitness, and maintain their emotional wellbeing.

The team names followed the theme of 'planets', with teams Mercury, Mars, Neptune, Saturn and Pluto all competing for the title of Olympic Champions!

Games included the likes of an egg and spoon race, walking football, hockey slalom, spaghetti towers, a penalty shootout, and an obstacle course amongst many others. All tournament games were adapted and carried out in a way that ensured social distancing was maintained between staff and service users! Newhaven have the luxury of a very large courtyard and garden area, and so this was used to full effect given the good weather!

After a consistent performance throughout all of the games, Team Mercury were crowned champions of the Newhaven Olympics!

Tim (Service User): *"I feel like it's brought me closer to other service users and staff because we have been working in teams".*

Adam (Service User): *"It's given me something to look forward to each day and has gotten me out in the sunshine"*

Amy Kilburn (Specialist Occupational Therapist):

Individuals with a learning disability who are in hospital may particularly struggle with the Covid-19 measures, as they rely on staff for support with many of their everyday activities. With staff now having to socially distance and/or wear PPE whilst supporting individuals, their living environment may now appear a scary place. This event has allowed us to make the changes seem less scary by incorporating them in to 'fun' activities!

Those with a learning disability may also be used to particular routines and struggle to adapt to change. They may also struggle to understand the reasons behind any changes. They therefore may need extra support to both understand the situation around Covid-19, and in carving out a meaningful routine that maintains their health and wellbeing throughout the lockdown period - where they cannot do what they usually do."

Matthew Hartley (Associate Practitioner in Occupational Therapy):

"During the Olympics, we have had to be creative in ensuring that not only do the events allow for social distancing, but that they have also catered for all levels of abilities of our service users at the same time!"

Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun

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Garrow House Lockdown Artwork



Bradley Complex Care

- ⇒ We had a **Keyworker/Nurses day** at Bradley on the 12th May. The Therapy Team recreated a McDonalds Drive-Thru and renamed it **McBradleys**. The staff and patient's thoroughly enjoyed it and we were kindly donated some McDonalds merchandise (Big Mac Sauce, Drinking cups and Big Mac carton's all branded)



- ⇒ The Management Team cooked a **BBQ** lunch for staff and patients during Lockdown.
- ⇒ We have enjoyed some **VE Day** Celebrations
- ⇒ The Regional Management Team had an **ice cream van** come to site for all staff and patients to enjoy an ice cream too!
- ⇒ And there are lots of **rainbows** around too showing our support.



HUMBER CENTRE

Covid-19 Forensic Occupational Therapy

It's the year 2020 and we're all hearing whispers of a virus sweeping China, Europe and eventually the world. Over night it's here in England, Covid-19, and life as we know it is changing. For us it's a stressful time and we are all becoming anxious. We have lots of information coming our way to make sense of. But how do we support our patients through this time, help them to understand and keep a sense of normality??

We're here at the Humber Centre, a medium secure setting, and things are changing fast. All community leave for patients has stopped, visits from family and friends is stopped, our unit activities are stopped, our patients can no longer mix with others from different wards. Our patients who had very little now have nothing.

Occupational Therapy is a huge part of our patients recovery, and our therapeutic activities mean so much to our patients. How do we manage the risks of Covid-19 with keeping our patients safe and still facilitating activities whilst supporting them in their recovery? Our team of 13 are very used to change and having to adapt our ways of working to cope with challenges. So we make a plan and get to work.

We developed resources for our patients to help them through this challenging time. We created a Self Isolation Guide to help explain what self isolation is and to give ways to manage time. Ideas such as: routines, self care, diet, exercise, mindfulness, relaxation, hobbies, sleep hygiene and more were all put into our guide to help patients have a better understanding and hopefully be creative with the empty time they now all had. We also planned ahead and created information leaflets for all of our unit groups. Hopefully in the future they will explain the groups therapeutic aims to patients and encourage them to attend and the benefits of these on their recovery. We made self help guides on things such as: how to Skype,

But we still faced the challenge of providing activities in the here and now for our patients, who were quickly losing motivation and isolating themselves away due to the anxieties that effected us all. The team were identified wards to provide on ward activities. We had the usual things to suggest, crafts, watching films, listening to music, gardening in the ward courtyards, darts, and pool. But we needed other ideas and a way to get patients off the wards. We developed a time table for our sports hall, poly tunnel and gym ensuring that each ward had access. Following social distancing and cleaning equipment before and after use we could safely get patients there to offer more activities.

We already had the options of badminton, football, basket ball and table tennis in the sports hall but what else could we do??

The team started looking and found some new activities, such as Boccia (a game similar to bowls), curling, a golf putting mat with clubs, floor darts, giant connect

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We've also gone back to basics. Lots of our patients have enjoyed a gentle walk in our secure garden, a kick about or just throwing a Frisbee around. Board games have become popular again, Scrabble has become a big hit and we now have a Scrabble league on one of our wards. Our patients have been open to trying new things, stepping out of their comfort zones .

We have tried our best to keep a routine, as part of that every weekday we have opened the unit shop at 14:00. This has become a big part of the day for us and our patients. It is good to see everyone, check in on how they are and have a quick chat. For some of our patients this is their favourite part of the day.

With the introduction of scrubs and face masks for all staff we knew that some of our patients would become more anxious and be unsure as to who they were talking to. We quickly put together larger ID cards that were plain and simple, not like our official work ID. All they had was our picture, a smiley face and one sentence saying "Hi I'm.....". The hope was that patients would be able to see who they were talking to and thus reduce their anxieties. We wanted our patients to know that it was still us under the scrubs and face masks.

The Occupational Therapy team have adapted their roles to support with safer staffing numbers on the wards. When needed we have been there to help whether it has been to do the shop run, assist with taking patients to the bank or be on supportive engagements. We are always ready to help when needed. Getting a simple thank you from the patients and the wards makes helping out worth it. Supporting each other and our patients has not been easy, but we have made it this far and we will make it to the end of Covid-19 however long that may take.



The Humber Centre Occupational Therapy team are standing up to the challenge of Covid-19 and so far we are winning it. Smiles, supporting each other, a thank you and rainbows are getting us through this challenging time.



Stockton Hall



- Recovery college is running on a ward by ward basis instead of in mixed groups so in effect treating each ward as a 'household'.
- The shop runs are on an order system and healthy options available with one service user helping out at a time so as to keep some of the real work opportunities going.
- The Gym and courtyard access are run on a ward by ward timetable with the gym having to limit the amount of people in at one time and strict social distancing in place for staff as well as a thorough cleaning down at the end.
- We have created paid jobs on all the wards for service users to clean communal areas regularly and the gym.
- S17 leave has been stopped and we have seen a significant number of service users losing weight due to no leave to the local shop. We have also had reports about staff interaction being more frequent and less rushed on the ward. As a result of these observations we are having a complete re-think about the way S17 leave is organised and managed. A survey has been completed to gather patients views of how they feel about leave and COVID 19 and what they would like/expect from S17 leave in the future.
- Friends and family are currently not permitted to visit the hospital, however the hospital has utilised the use of video calls programs for visits and meetings.
- We have begun an art project that will involve all the wards to some degree. We are painting a collaborative 'recovery road' across 7 8x4 foot boards that will be attached to the fencing within the secure area.
- Ward projects to decorate certain areas and make them more 'homely' have also begun.



S17

BLOG: We Live in Hope

It's hard to know even where to begin. It's often said that these are strange times and I certainly haven't known anything like this in my 55 years. I was in a secure service during the Swine flu pandemic in 2009 and it was nothing like this – yes, we had posters explaining how to wash our hands and section 17 leave and other activities were cancelled for a short time, but this is very different. I don't remember if social distancing was enforced, hardly anyone became infected (at least in my hospital) and for anyone who was, the potential consequences didn't seem to be so serious as those with COVID-19. My heart goes out to people in secure services now, as well as their families and friends. I can't imagine what it must be like to have been on 'lockdown' for so long and to have leave cancelled, visits cancelled, some activities cancelled and to not be certain when it will all end.

At Rethink Mental Illness, in association with NHS England, we're currently running a survey for service users, families and carers to find out more about what it is like – to hear directly from people themselves. We're hoping to hear what is working well, what is not working so well, what improvements people would like to see and what people would like to see continued after the pandemic is over. While we wait for the results of the survey, but people I know in some services have been telling me stories of both difficulties and hope coming through. What I'm hearing from some people is that there are things happening now that are different from the 'normal' and how some things are actually better. It's so heart-warming to hear that for some, there is more 'quality time' being spent between people, that there is more kindness at times and that, despite all of the difficulties, people are pulling together and getting through this as best they can.

It puts my experience of 'lockdown' into perspective. I can work from home on a really good laptop. I see my colleagues every day on video calls. I can call someone up at any time if I'm feeling a bit 'wobbly' as I have done on many an occasion. I can go out for a walk each day. I can go to the local shop, that is really well-stocked and quiet for most of the day. I can speak to my family and friends on my phone or on my computer. On the days when I find the restrictions hard, I think of what it would be like to still be in a secure hospital. And I am so grateful of the freedoms and privileges I still have now that I'm living in the community.

And elsewhere there is a lot of awfulness that is also happening now. The 40,000 deaths and their families who may not have been able to attend their funeral. The many challenges there are to keep people as safe as possible and the things that may not have been done well by people who are there to protect us. At times I have found hearing about all of these things overwhelming and I have taken a break from the news and social media for a large part of lockdown. News still filters through though and I'm distraught at what has been happening in other parts of the world and which has been happening sometimes unnoticed for a very long time. I wish I could share some of the goodness and hope that I've been experiencing around me, in the privileged bubble that I live in.

I've also noticed other very positive changes that have come out of all of this. I love that people now say 'hello' as they pass you at a safe distance in the street. I've really enjoyed the chats I have with the other people 2 metres away in the queue for the supermarket. I've loved the 'Clap for Carers' on a Thursday evening and have met some of my nearest neighbours that I didn't even know I had. I speak to my family and friends much more regularly now and our relationships are all the stronger for it. These are things that I would miss if we went back to the 'normal' we had before COVID-19. There just seem to be more pockets of kindness at the moment and I think people are beginning to be more aware of those less fortunate and are doing their best to take care of them.

I long for the day when this is all over. To be able to see my family and friends, to just have a hug from someone. I can only imagine how much people in secure services long for the day when they can have their leave back and communal activities can start up again. But I don't want to go back to exactly how things were. I'd like to think that we can hold on to at least some of the ways that things have been better – the increased kindness, the increased support for each other and the increased awareness of shared experiences that we seem to have gained. I found a quote I really like from a writer called Arundhati Roy that for me sums up what I'm feeling right now:

“Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next. We can choose to walk through it with all of our baggage. Or we can walk through lightly, with little luggage, ready to imagine another world.”

One of the people I work with that has really kept me going, with video calls, with humour and with lots of kindness is my colleague Gaby. Over to you Gaby!



What an introduction! Thanks Ian, I look forward to our video calls which always bring a smile to my face!

I have been feeling similarly to Ian. I have been struggling with being unable to see family or friends or do a lot of the usual activities that keep me happy and busy such as seeing live music or eating out. I also miss things I never thought I would like travelling on the train and watching the world go by or exploring busy central London. I have never lived in secure care but I expect that many of the things I miss now would be similar to how I feel if I lived in a service. I am so grateful for even the smallest freedoms I currently have in my life and appreciate the simple joys in each day: my morning coffee, a joke shared with my housemates or listening to my favourite song.

I am finding my work at Rethink to be a saving grace. It feels good to know I am helping others through this difficult time. The Recovery and Outcomes survey has kept me busy, alongside other work I have been doing to support the physical health of people with mental illness.

I also long for the day that this is all over. However, I am trying to see this time as an opportunity. An opportunity to reconnect with myself and those I love. An opportunity to spend more time being creative: painting, singing and drawing. An opportunity to think about what I want my future to look like and how I might get there. An opportunity to work with others to build a better world. I have also been warmed by how this crisis has brought people together and the incredible demonstrations of kindness and community that it has inspired in people.

I hope that this crisis helps us to remember what is important in life and to appreciate what we have. I, like Ian, also want things to go back to 'normal' but think this is a normal that must be kinder, more supportive and looks out for everyone in society, especially those who after all of this, will still not be able to access the freedoms many of us miss.

**Ian Callaghan – Recovery and Secure Care Manager,
Rethink Mental Illness**

**Gaby Hasham – Senior Recovery and Outcomes Project
Officer, Rethink Mental Illness**

www.rethink.org



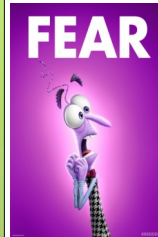


Waterloo Manor

DBT & Covid-19

Using your skills to cope with the pandemic

Emotions you may be feeling...



HULK
ANGRY



stressed



Other emotions are available and Valid! Everyone reacts differently and this is very new to us all!

Some behaviours you may be experiencing...

- o **Hoarding of goods** (we need food to survive)
- o **Constantly seeking out the news** (if we are not informed how can we react appropriately?)
- o **Not sleeping well** (on high alert at all times!)
- o **Sleeping more** (hibernating through bad times, saving energy for when needed)
- o **Argumentative** (easier to keep people away to stay safe)
- o **Butterflies** (gut feelings churning)
- o **Tummy upset** (dump and run!)

.... Congratulations you are responding as a human being to a crisis using a range of fight or flight responses

Problem solving

- o Fortunately for us there are a range of experts and government people doing this for us...
- o We have one option right now- follow the advice:



Do my emotions fit the facts?



- o **Fear**- this epidemic is an unknown event, and there is danger from the virus and potential for harm to our health or life
- o **Anger**- this is a strong response to a threat to our safety or people we care about
- o **Disgust**- this is our bodies way of keeping us safe from unseen particles and the chance of contamination
- o **Sadness**- we are isolated, powerless and we may have lost people we know or feel grief for things we are missing
- o **Stressed**- our routines are disrupted and our biological responses have taken over to keep us on high alert (our fight or flight is constantly switched on right now)

The Virus + The Bear- Imogen Wall Blog 2020

- o When we have to deal with threats our brain springs into action (specifically a tiny almond shape called the amygdala)
- o It has been around forever i.e. the cave days so is quite old and primitive in its response
- o It sees a threat or it doesn't
- o Bear!!! or No Bear
- o Run away or Don't
- o Our brain sees the virus as a Bear!!!
- o We want to run away but...
- o The advice is to stay in and isolate to stop the spread of the virus
- o ...so our Bear!!! Alert is constantly switched on

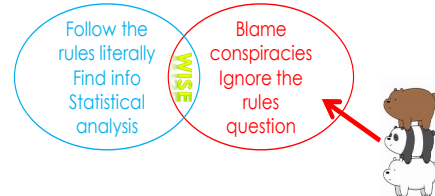


What ever type of bear you have- the good news is we can turn them off using skills!



Mindfulness

- Try and live in the moment; not worry why we have got to this situation or worry about what is going to happen next

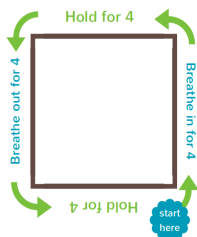


TIP *limit the amount of news you read or listen to, be aware of judgements when you do, be aware of interpretation of statistics- be news wise

Mindfulness skills



- Observe your thoughts- visualise yourself sat near a stream take each thought that enters your mind and place it on a leaf... let it float by
- Use breathing techniques
- Participate in an activity without judgement e.g. singing



Interpersonal effectiveness

- Social distancing may be preventing us from seeing family or friends like we usually would i.e. no visiting or leave & also prevent us from interacting like we usually would i.e. shaking hands, hugging
- We are social creatures so it is important then that we maintain relationships in different ways during difficult times (its good to wobble together) Remember to...



- G- (be) Gentle** (no judging how others are coping)
- I -(act) Interested** (listen and be patient)
- V -Validate** (see the world from someone else's view)
- E- Easy Manner** (use humour)

Try new ways of communicating:

- Write a letter or send a picture to a loved one- the post office and mail delivery is an essential service and people may appreciate a letter as they are isolating too!
- Send a note of gratitude- it will help you feel positive and the person who is reading it too.
- Try a Zoom or Skype Call (care plan permitting) to people you know- it gives a great sense of accomplishment trying something new.



TIP: humour releases endorphins that make us happy- share a joke or funny bear!!! video with a friend or family member

Emotion Regulation

- We looked earlier at all different types of emotions we could be experiencing through this pandemic- and we said we could turn off the bear!!!

- Try opposite action:



Emotion	Urge	Opposite	Example
Fear	Run Away	Stay Indoors	Clean Room
Anger	Attack	Be Kind	Give Thanks
Disgust	Move Away	Embrace	Wash hands
Sadness	Withdraw	Be Active	Play games

PLEASE... Try this to stop your Bear!!!

Gather up positive emotions- do lots of things that make you happy- e.g. Crafts, Soaps, Yoga, Sunbathing, Music, Cooking

Treat Physical Illness- follow the government guidance on staying well and what to do if you think you have covid-19 symptoms. Wash hands regularly.



Eat Well- Try eating mindfully and enjoy what you are eating, try to limit snacks and try and avoid panic buying- there is enough to go round (although our bear!!! is telling us otherwise)



Avoid mood Altering Substances- try and replace caffeine with water, take this opportunity to get help with stopping smoking as it is healthier for your lungs

Sleep Well- try and maintain sleep hygiene and a healthy pattern (even though our bear!!! May think otherwise) try a milky drink before sleep to soothe or setting regular alarms to help get up.



Exercise- the government have been keen on people still being allowed some exercise where it is safe to do so- it is really good for our wellbeing and makes us feel better; start off slow and work your way up and remember exercise can be fun too- kick a ball or dance, you don't have to go to the gym!



Distress Tolerance

- o Remember Crises don't last forever and the Pandemic will come to an end, you are resilient!
- o **STOP!** Take a step back and breathe, Observe your actions, Proceed mindfully
- o **A-** Keep busy with activities during the lockdown
- o **C-** Contribute and help others
- o **C-** Compare your situation to others in lockdown
- o **E-** Create opposite emotions
- o **P-** Push away, hibernate for a while
- o **T-** count to 10 or distract yourself to remove thoughts and the Bear!!!
- o **S-** Sensations can help soothe the Bear!!!



Talk to Staff and let us know how you are bearing up!



Game: How many famous bears can you name?
Tip: Many feature throughout the presentation!



Bear Answers:
Kung Fu Panda Winnie the Pooh Yogi Bear Lotsa Huggin Bear (toy story 3) Paddington Bear
We 3 bears Balloo (Jungle Book) Care Bears Postman Bear Tatty Teddy (me to You Bear)
Hair Bear Bunch Pudgey Bear (children in need) Boo Boo Disney's Brother Bear and Ted
Can you name any other famous bears?

BLOG: Bear vs Virus

By Imogen Wall April 2020

In crises, we start doing weird stuff: Over the last week I have struggled to sleep, stayed up late into the night reading endless news articles, bought pasta I don't even like very much, got angry with my mum for not staying home. My spelling is a disaster. I've been a bit teary, and all I really want to eat is cake, cake and more cake.

If you're having a wobble, you may also have noticed all sorts of weird stuff going on. Are you arguing more, talking faster, struggling to sleep, restless, desperate for information? Or are you teary and overwhelmed, perhaps feeling a bit sick? Struggling to make decisions? Just want to stay in bed? Tummy upsets? Having palpitations, butterflies, headaches? Ranting, picking fights or getting into arguments? Laughing unexpectedly or saying random, inappropriate things? Developing Very Strong Opinions on epidemiology overnight? Or have you just completely gone to ground?

If you are feeling any of these things: good news! You are 100% not alone. You are, in fact completely normal: a fully emotionally functional human being. Congratulations! Why? I'll explain: take a seat and put the kettle on.

We are living in turbo-anxious times. Well, no kidding. We're in the middle of an unprecedented crisis that has showed up unexpectedly (they do that) and which presents a mortal threat to ourselves, our loved ones and our way of life. It's terrifying and it's getting worse and it makes us feel totally out of control. And this is on top of anything else we have going on.

Here's the science bit. When we are exposed to threats and need to deal with them, our brain springs into action. Specifically a tiny, innocent-looking thing buried behind your ear called the amygdala (fun fact: it's the size and shape of an almond). It's the bit in charge when we are frightened and right now, it's in full tin-hat klaxon mode. Unfortunately, it's also very ancient bit of kit. It came into being when threats basically consisted of being eaten by large scary animals like bears. To the amygdala, everything looks like a bear. It's also pretty basic, so it really only has two settings. They are no bear 😊 and BEAR!!!.

Setting: bear!!!. Because all threats look like a bear to the amygdala, it preps you accordingly. There are really only two reactions to a bear about to eat you: fight it, or run away really fast. So this is what the body gets you ready to do. It's called the

heart rate goes up, you feel super alert, your breathing goes shallow, your muscles are ready for action. These chemicals are also largely responsible for the huge range of other cognitive/physical/emotional reactions in my intro. In group fear situation like a pandemic, this tends to happen whether you think you're scared or not - anxiety is even more infectious than COVID. Your body reacts even if your conscious mind doesn't.

Bear v virus: Obviously this is all great if you really are running away from a bear. But we're now in a situation where we're being asked to do the EXACT OPPOSITE of running away. We are being told to sit tight. Literally stay still. Process large amounts of information, make complicated and life changing decisions, and stay calm. All while a bit of your brain is running around yelling BEAR!!! BEAR!!! BEAR!!! This isn't easy. The result is an awful lot of stress and anxiety. And if you're anything like me, you end up feeling really overwhelmed and having all sorts of reactions.

Signs and symptoms: Anxiety isn't just mental – it's also physical, cognitive and behavioural. You will notice all kinds of things: stomach upsets, headaches, insomnia, changes to eating, changes to the way you talk. It's also cognitive: it's very difficult to think straight when you've got the BEAR!!! BEAR!!! BEAR!!! thing going on – so we also become very bad at making decisions, absorbing information and generally thinking rationally. Which is EXACTLY what we need to do.

So what to do: well, the good news is it is possible to calm down. We can turn the amygdala from BEAR!!! to NO BEAR 😊, and not just by distracting it with cake and tea. Here are some solid, scientifically proven things you can do.

Breathe. It's so basic, but breathing exercises are basically magic. They work in minutes and you can do them anywhere. They work because of all the physical reactions the amygdala triggers, rapid breathing is the only one over which we have conscious control. Control your breathing and you are basically telling your body: it's OK. There is no bear. Your body will then start to dial down the adrenaline and cortisol and all the other reactions will slow to a halt.

- In through the nose, out through the mouth. SLOWLY
- Make the outbreath longer than the inbreath—imagine there's a candle in front of you and it mustn't go out
- Breathe from the tummy not chest – really make your tummy go out when breathing in.
- Do it for two minutes - time yourself - and see how you feel

Seriously, try it – this technique is used by everyone from top athletes to the military to help stay in control while under stress.

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Call a friend: Don't suffer alone. Call a mate - someone who'll listen while you have a bit of a rant, or a cry, or a general wobble. Someone you can trust not to judge you and who'll just sympathise. And if you get one of those calls, just be nice to them. You only need to be kind. You can't fix what's going on so just give them a bit of space to rant and tell them they're normal and doing great. And if you're OK, call your friends and check in on them. (Or talk to peers on the ward or staff)

Laugh: it doesn't matter what is funny – laughter is a huge releaser of endorphins. Silly memes, silly jokes, stand-up, The sillier the better.

Do something with your hands. Do something instead with your hands, that you have to focus on to get right. Cook. Tidy. Knit. Draw. Bake. Garden. Mend things.

Treat your body: We hold stress in our bodies at least as much as our minds. Take a shower. Use nice smelling body creams. Stretch. Skip. Do yoga. Dance. Eat healthy but delicious things - All of these will help calm you down.

Sunshine. If you can't go outside, open the windows and feel it on your face and breath it in. If it's safe for you to go outside and you can do it, while of course observing social distance. Go for a walk. Being outdoors, connecting to nature, is hugely calming.

Step away from social media/the news: All it will do will scare you more and make things worse. Stick to sensible sources like the NHS, and limit yourself to short need-to-know bits a day. You'll feel better immediately.

Step away from terrible coping mechanisms: They will all translate as BEAR!! to your poor brain. Don't stay up all night reading (BEAR!!!), get sucked into conspiracy theories (BEAR!!!)

Be kind: to yourself and others. Don't make this more stressful than it already is. Think comfort books, comfort telly, comfort everything. Everyone is wobbly, everyone is going to have a meltdown at some point. Understand that if someone is angry or aggressive, then they are also just scared. And eat more cake. Cake makes everything better!

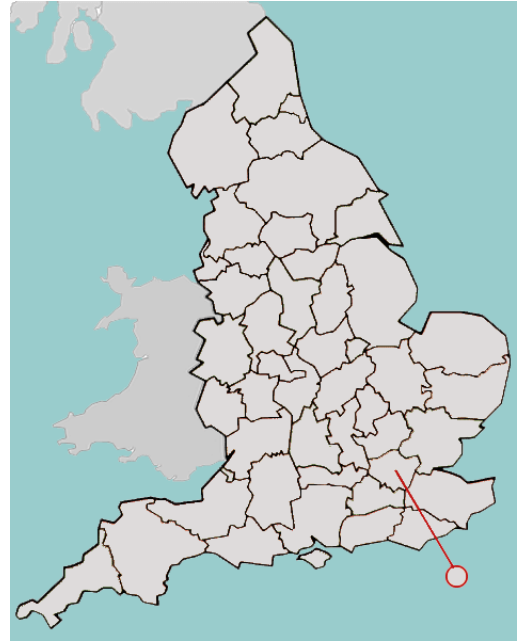


Word Search - Coronavirus



Can you find all of the words hidden in the puzzle below?

F	M	I	R	E	T	A	W	N	S	I	O	J	N	M
H	O	M	N	O	I	T	N	E	V	E	R	P	O	A
F	O	M	N	P	R	A	H	S	E	S	K	Z	I	S
P	Z	U	Z	O	E	E	P	S	M	N	C	L	T	K
P	X	N	U	L	I	R	V	O	O	O	Y	W	A	O
C	H	E	C	F	E	T	T	E	R	A	A	W	L	F
D	G	S	K	A	Q	P	C	O	F	S	P	E	O	R
R	U	Y	D	H	M	D	N	E	H	E	A	U	S	Y
U	O	S	I	Y	T	A	T	H	F	P	P	C	I	O
B	C	T	S	T	V	E	A	U	Y	N	K	D	N	T
I	C	E	O	I	C	O	V	I	D	G	I	G	N	I
O	C	M	R	H	E	A	L	T	H	Y	I	X	Y	S
N	U	U	I	M	M	E	Q	N	X	Z	K	E	U	S
M	S	Z	F	G	B	A	I	J	D	H	Y	M	N	U
L	B	E	P	X	I	S	F	O	A	Q	T	L	H	E



Can you name all 48 counties in England?



- | | | |
|--------------|---------|------------|
| SOAP | MASK | INFECTION |
| TISSUE | SPREAD | PREVENTION |
| CORONAVIRUS | WASH | SYMPTOMS |
| FEVER | COUGH | WATER |
| IMMUNESYSTEM | HEALTHY | HYGIENE |
| CLEAN | COVID | ISOLATION |

ISLCollective.com

Colour/ Doodle on the UK Map

Where's wally?



Anagram symptoms

1. rapture meet
2. going chu
3. toes tan
4. mens lol

Riddle: What is in seasons, seconds, centuries and minutes but not in decades, years or days?

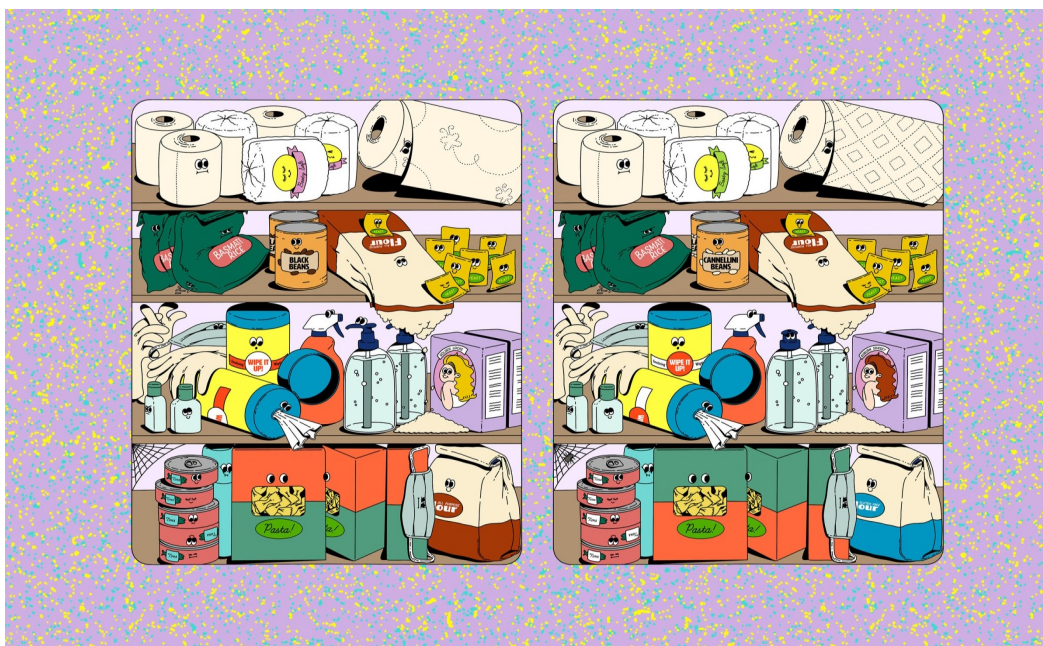


How many other words can you make from LOCKDOWN

Sudoku

3				1 6	
6 7		3 5			4
6	8 1 2		9		
	9		8		3
	2		7 9 8		6
8		6 9		3 5	
	2 6				9

How many chocolate bars can you name from looking at their middle?



Can you spot 12 differences in these lockdown cupboards?

Yorkshire and Humber Newsletter

Do You like.....
Writing Articles?
Writing Poetry?
Arts and Crafts?
Then we need you!



Please note we will say in the newsletter who sent it in (first name and service) so if you would rather it was put anonymously then please let us know



We are Holly, Jo and Charlotte and we work as Involvement Leads across all the secure services in Yorkshire and Humber and we want to produce a newsletter so everyone can share ideas with each other – it is especially important to us to stay in contact in this way whilst we follow Government Covid-19 guidance and cannot visit or meet up at Sandal.

This newsletter is a great way to find out what is happening in other hospitals and shout about all the good things you do!!



Ask a member of staff to send us things via email or you can send them direct with access to our website below on the 'contact us' tab.