

Recovery College Cornwall

As we go into winter, and another lockdown is upon us, the team at the Recovery College have compiled some useful Resources to support you during this time.

Coping with a winter lockdown is all about "mindset", and adopting a "positive winter mindset" could help us cope with the stresses of lockdown at this time of year.



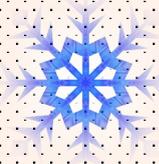
We have also included some up to date guidelines from the government including National Restrictions and Covid Symptoms



6 suggestions about coping with Lockdown during the Winter



- * **LIMIT NEWS**—Limit the amount of time you spend on social media and checking the news
- * **TAKE TIME FOR YOURSELF**—Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you can engage in some self care.

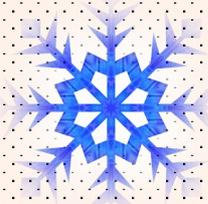


- * **STAY CONNECTED**— Even though it might be difficult to see friends and family, it is important that you stay connected on a regular basis.
- * **PLAN YOUR WEEK**— Organise your week and plan activities that provide you with a sense of pleasure and achievement
- * **STAY ACTIVE**—Throughout the day try and be active. Regular exercise can also be great for reducing stress and boosting mood.
- * **ASK FOR HELP**—If you notice yourself struggling then reach out to friends, family or your local GP or mental health charity.



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In the last lockdown we had beautiful sunny skies to tempt us all to go and enjoy the great outdoors. This time it's a little different with dark evenings, and many of us stuck indoors working from home, on extended furlough or looking for work.

That's why we're launching an activity challenge to help you get motivated and stay that way for the next month called '30 ways in 30 days' the plan aims to help people who haven't exercised for a while and perhaps find the thought of doing any exercise a bit daunting.

With tasks such as going for a walk or doing chair-based exercises this plan creates simple, easy ways for people to keep, taking small steps towards getting that little bit healthier. We've made sure all our exercises are safe to do indoors or within the lockdown guidelines. Please remember that you can only exercise indoors with someone from your household or support bubble and meet one person at a social distance outdoors. We'll be sharing some easy ideas for ways to be active each day from as little as ten minutes a day, as well as some ways to keep motivated and on track.

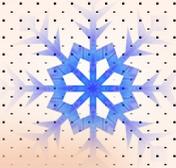
You can do the activities at home on your own, or with another member of your household as part of our buddy workout. And we've got guided videos for short routines you can do at home where all you'll need is a chair and a couple of tins of food.

You can sign up by texting "30ways" to 82228 and by doing so you will receive a text every other day for the 30 days with prompts to head back to the website and motivational tips. All of the texts are free.



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ACTION CALENDAR: NEW WAYS NOVEMBER 2020



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Give yourself a boost. Try a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Find out something new about someone you care about	9 Plan a new activity or idea you want to try out this week	10 When you feel you can't do something, add the word "yet"	11 Be curious. Learn about a new topic or an inspiring idea	12 Overcome a frustration by trying out a new approach	13 Choose a different route and see what you notice on the way	14 Find a new way to help or support a cause you care about
15 Go outside and do something playful - walk, run, explore, relax	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Tune in to a different radio station or TV channel	27 Enjoy new music today. Play, sing, dance or listen	28 Join a friend doing their hobby and find out why they love it
29 Discover your artistic side. Design your own Christmas cards!	30 Look for reasons to be hopeful, even in difficult times	 <p>"You never know what you can do until you try" ~ C. S. Lewis</p> 				

ACTION FOR HAPPINESS



Learn more about this month's theme at www.actionforhappiness.org/new-ways-november

Keep Calm • Stay Wise • Be Kind



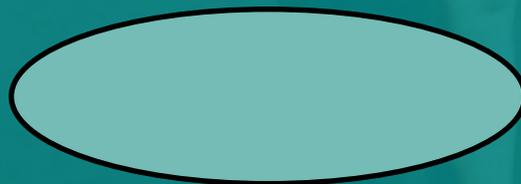


**Better
Health** every mind
matters

Your Mind Plan

Answer the 5 questions in this
interactive quiz to get top tips and
advice for you

Now tailored for the coronavirus
(COVID-19) outbreak.



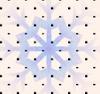
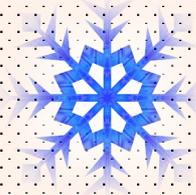
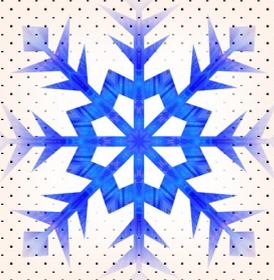
Every Mind Matters offers a range of useful resources that help spot the signs of common mental health concerns, provides practical self-care tips and guidance and, importantly, explains when to seek further support.

Try the tool below which can help you to build an action plan to deal with stress and anxiety, boost your mood, improve your sleep and help you feel more in control.



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 HM Government



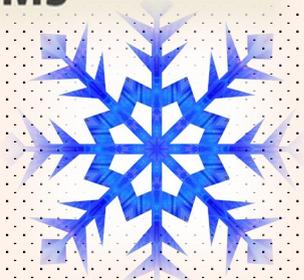
CONTINUOUS
COUGH

TEMPERATURE OR
FEVER

LOSS/CHANGE IN
TASTE

LOSS/CHANGE IN
SMELL

STAY ALERT AND CHECK YOUR SYMPTOMS



Happiness Chemicals and how to hack them



DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



OXYTOCIN

THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



SEROTONIN

THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



ENDORPHIN

THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



Weekly Self Care Checklist



TASKS	S U N	M O N	T U E	W E D	T H U R	F R I	S A T
showered & brushed teeth	<input type="checkbox"/>						
chose a goal to focus on	<input type="checkbox"/>						
repeated an affirmation	<input type="checkbox"/>						
challenged negative thoughts	<input type="checkbox"/>						
got outside	<input type="checkbox"/>						
was active for min. 20 minutes	<input type="checkbox"/>						
practiced mindfulness	<input type="checkbox"/>						
took time to do something I like	<input type="checkbox"/>						
practiced a breathing technique	<input type="checkbox"/>						
had nourishing meals	<input type="checkbox"/>						
watched and minimized my caffeine intake	<input type="checkbox"/>						
stayed hydrated (8 cups of water)	<input type="checkbox"/>						

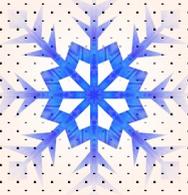


ANXIETY-GONE.COM



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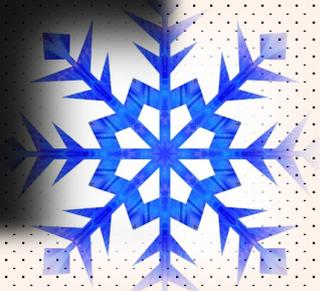


NATIONAL RESTRICTIONS

5 NOV - 2 DEC

- ▶ You must stay at home
- ▶ Only leave home for food, medical reasons, exercise, education or work
- ▶ You must work from home if you can
- ▶ Avoid travel unless essential
- ▶ Schools and essential shops will remain open
- ▶ Remember: wash hands, cover face, make space

For the latest guidance, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)



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World Health Organization

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

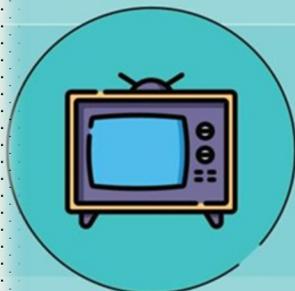
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

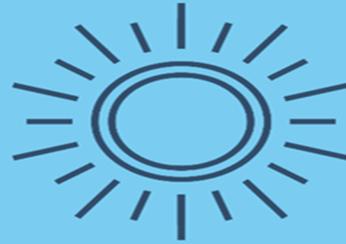


SLEEP REGULATION AND COVID-19

A few tips

GET SOME NATURAL LIGHT

Even just standing in the window as the sun shines for a few minutes in the morning can help to wake you up and send those signals to your body about when it's time to work and when it's time to rest.



DIVIDE UP WORK TIME AND REST TIME

Have a designated workspace, change out of your pjs to work, and stick to clear working hours rather than dipping in and out.

HAVE A TECH CURFEW

Try to set a curfew for using your phone and laptop and give your mind the opportunity to settle down before going to bed.



STICK TO REGULAR MEAL TIME

Try your hardest to stick to regular mealtimes to keep a proper schedule and thus keep your body's natural sleep signals on track.

REDUCE STRESS

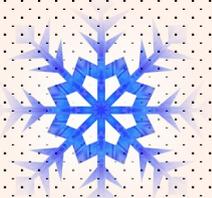
Make sure you have a "toolshed" for dealing with stress and anxiety when they arise – that might include mindfulness, breathing techniques or talking through your worries with a friend or counsellor.



International Coalition of
SITES of CONSCIENCE



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A Simple Self-Care Plan

Emotional

- Keep a daily mood journal.
- Lean on a friend for emotional support.
- Notice when you're hiding your true feelings.



Cognitive

- Focus on what you can control.
- Assume positive intent.
- Start your day with an affirmation.

Social

- Reach out to a friend.
- Call a loved one who might be lonely.
- Plan a lunchtime video chat with co-workers.

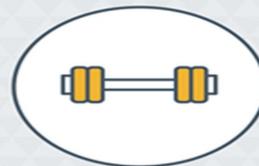


Spiritual

- Read a motivational article.
- Do something to help others.
- Make time for creativity.

Physical

- Get enough sleep.
- Get some physical activity.
- Rest your eyes before bed by shutting off the screens.



Nutritional

- Eat enough protein.
- Cut back on snacking and drinking.
- Plan meals ahead of time.

 Community Health Network



What is Seasonal Affective Disorder

Seasonal Affective Disorder or SAD is a form of depression that comes on in the late fall or winter time and improves in the spring and summer.

SAD STATISTICS



In a given year, about 5 percent of the U.S. population experiences seasonal depression.

10 MILLION

Seasonal affective disorder is estimated to affect 10 million Americans. Another 10 percent to 20 percent may have mild SAD.



Four out of five people who have seasonal depression are women.

18-30 YRS. OLD

The most common age for SAD is between 18-30

SYMPTOMS OF SAD

CLASSIC SYMPTOMS



Oversleeping



Daytime Fatigue



Carbohydrate Craving



Weight Gain

OTHER SYMPTOMS



Decreased Sexual Desire



Lethargy



Hopelessness



Suicidal Thoughts



Lack of Interest in Normal Activities and Social Interactions

DRJOCKERS.COM
RENEW CHANGE YOUR HEALTH



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How to Cope with Seasonal Affective Disorder

7 Strategies to Help Seasonal Depression



1.) KNOW THE SIGNS AND SYMPTOMS

In order to recognize that you may have seasonal affective disorder, it is important that you identify the signs and symptoms you are experiencing.

If you notice an onset of depression that occurs during the change in seasons, you may have seasonal affective disorder

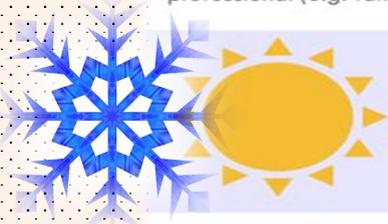
2.) REACH OUT FOR HELP

In Canada, 2-6% of the population suffers from seasonal affective disorder. To confirm your diagnosis and get connected to services and resources to help, it is important to seek assistance from a professional (e.g. family physician or counsellor).



3.) GET MORE SUNLIGHT OR TRY LIGHT THERAPY

Seasonal affective disorder is believed to be triggered by the changes in sunlight that occur during the change in seasons. Increasing your sunlight exposure during the winter months will help your body regulate serotonin and melatonin, which control the sleep/wake cycle.



4.) STICK WITH A ROUTINE

The seasonal changes in sunlight are believed to disrupt the sleep/wake cycle, making it easy for individuals with seasonal affective disorder to suffer from hypersomnia (increased sleep). To help maintain an appropriate sleep/wake cycle, it is important to maintain a diligent sleep schedule and wake up at the same time each morning.



5.) EXERCISE

Regular physical activity helps to boost serotonin production in the brain, leading to improvements in mood and wakefulness throughout the day. In the evening, serotonin is converted into melatonin (a sleep hormone) that helps to promote a more restful sleep.



6.) ENJOY HEALTHY FOODS

Individuals with seasonal affective disorder often find themselves craving sweet and starchy foods, which often leads to weight gain during the winter months. Try to consume healthy starches, lean protein and lots of fruit and vegetables to help curb cravings.



7.) PARTICIPATE IN ACTIVITIES

Seasonal affective disorder often makes it difficult for people to get outside and socialize with others. Although it may be difficult, try to reach out to others and participate in the festivities, as it may help improve your mood and fight against fatigue.



 [NORTHERNGIRLFITNESS.COM](https://www.northerngirlfitness.com)

References



- CAMH. (n.d.). *Seasonal affective disorder (SAD)*. Retrieved from <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/seasonal-affective-disorder>
- Melrose, S. (2015). *Seasonal affective disorder: An overview of assessment and treatment approaches*. *Depression Research and Treatment*, 2015, p. 1-6

