

YOUR WELLBEING TOOLBOX

Well who would have thought we would find ourselves in this situation? Self isolating and social distancing, new phrases for us all.

At the Health & Social Care Partnership we wanted to reach out to you as we know many of you won't be getting out of the house at all. We wanted to say hello, send you our very best wishes and give you some top tips to keep yourself safe and well during this time.

Important Numbers to keep

Some of you may have family or friends to help get shopping or pick up prescriptions for you, but we know that many people don't. There is a lot of help out there for you! You may have already been in contact with a local group of volunteers who can assist you with basic shopping needs etc. If not please call:

Grampian Assistance Hub Helpline: **Telephone 0808 196 3384**

Website www.GCAH.org.uk

This is the number for general wellbeing assistance e.g. shopping/home delivery, pet walking, utility top ups, prescription pick up, someone to speak to, transportation and other 'non-emergency/crisis' requests etc

Aberdeen City Council Crisis Helpline: **Telephone 0800 0304 713**

Website <https://www.aberdeencity.gov.uk/services/coronavirus-covid-19>

The Council number is for crisis e.g. food poverty/food parcels, crisis grants, emotional assistance, financial assistance/advice, homelessness, council tax/rent arrears, emergency housing repairs, benefits advice, business and mortgage advice.

24 Hour Freephone Dementia Helpline **Telephone 0808 808 3000 Website-**
<https://www.alzscot.org/living-with-dementia/getting-support/24-hour-freephone-dementia-helpline> This free 24 hour Freephone Dementia Helpline provides information, signposting and emotional support to people with the illness, their families, friends and professionals.

5 WAYS TO WELLBEING

What can you do to help keep yourself well while this is ongoing?

For many of you who have been retired for years, you will already know that keeping routine is very important. **Getting up and dressed, eating at regular times, drinking plenty and keeping a regular sleeping pattern** is so important. Sounds simple, but when these things slip, our physical and mental health starts to deteriorate.

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

Connect:



Good relationships are important for your mental wellbeing. Making phone calls to others can help hugely. So, give your friends, neighbours and families a call. Spread this out over the days so you speak to different people each day. Feeling lonely? Here's a few numbers that can help:

Tel 0800 12 44 222 Age Scotland, for a friendly chat

Tel 01224 515513 Mutual Aid, for social support and chat

Tel 01224 573892 Mental Health Aberdeen, for emotional support, practical advice & signposting to other services & support.



Pass these numbers on to your friends, family, neighbours & those who may need extra help!

If you wanted help with using your mobile phone or computer there is a voluntary service who can help, free of charge: They are called "**Abilitynet**". They offer a free technology service to anyone either 55 and over or anyone with a disability/medical condition and can help with basic things such as looking at apps to help with disability/medical conditions or by helping people with basic technology needs such as setting up emails, Digital shopping, using the internet etc.

Call them for more info: 0800 269 545



Remember to switch off the TV now & again, **especially the news**, & instead listen to your favourite music, radio or read a book!

Be Active:

Being active is not only great for your physical health and fitness, evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood;




It is very important to stay moving. Even though you aren't able to get out or continue with the activities you had been doing, we really need you to try to stay active. Choose a time in the day when you feel you have the most energy and make this your exercise slot. This can be as gentle or as vigorous as your body allows. However, these are some simple but effective movements everyone can do to stop you losing strength in your muscles and prevent you having a fall. If you're online, go to the following for some activity:

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

<https://fallsassistant.org.uk/>

<https://10today.co.uk/>



To help you to stay steady, try doing the 'super six' three times a week, in addition to a daily walk.

SAFETY CHECK:

- Use a sturdy and stable chair or something solid like a worktop for support.
- Wear supportive shoes and comfortable clothes.
- If any exercise causes pain in your joints or muscles **stop** check you are doing it correctly, and try it again. If pain persists, seek advice from a physiotherapist.
- Feeling your muscles work or a slight muscle soreness the next day is normal.
- If you experience chest pain, severe shortness of breath or dizziness **STOP IMMEDIATELY** and contact your GP or call 111 if your GP practice is closed.
- Try not to hold your breath - breathe normally throughout.

WHEN AND WHERE TO GET HELP

There's a lot you can do yourself, or with your family and friends to reduce your risk of falls. However, the reasons people fall can be complex and sometimes you'll need some help from others.

See your GP practice or a physiotherapist or occupational therapist if you:

- Have had two or more falls in the last six months
- Blacked out, were dizzy when you fell, or found yourself on the floor and didn't know why
- Start feeling unsteady on your feet
- Have had difficulty getting back to your usual activities since a fall
- Are worried about falling
- Have noticed changes in your health, mobility or memory since a fall.

1 SIT TO STAND

Sit up tall near the front of your chair. Place your feet slightly back and hip-width apart. Lean forwards slightly and stand up slowly - using your hands on the chair if needed. Step back until your legs gently touch the chair. Slowly lower your bottom back into the chair - using your hands if needed.

Repeat up to 10 times.

3 TOES RAISES

Stand tall with your feet hip width apart. Hold your support. Slowly lift the front of your foot, keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.

Repeat up to 10 times.

5 HEEL TOE WALKING

Stand tall, side on to your support. Walk 10 steps forwards placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow walking action. Only hold on if you need to. Take your feet back to hip width apart before turning slowly towards your support.

Repeat the steps in the other direction.

2 HEEL RAISES

Stand tall with your feet hip width apart. Hold your support. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.


Repeat up to 10 times.

4 HEEL TOE STAND

Stand tall, take hands off if possible, holding on. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds - taking your hand off if possible. Take the feet back to hip width apart. Repeat with the other foot in front, balancing for another 10 seconds.

6 ONE LEG STAND

Stand close to your support and hold on. Balance on one leg, keeping your leg straight but your knee soft. Stand tall. Hold for 10 seconds. Repeat with the other leg.



Keep Learning:

Keeping your brain challenged is another thing which helps us to stay well. There are lots of things you can do to challenge your brain:

- Wordsearches / Crosswords / Sudoku
- Poetry
- Do something creative – draw, knit, sew, crochet
- Learn how to use technology better
- Find fun challenges on your phone “quiz planet” is a good one you can play with friends (even if they live somewhere else)
- Jigsaw puzzles
- Learn to bake or cook a new recipe
- Learn a language
- There is a wealth of challenges online from dance lessons with Oti from “Strictly” to maths challenges. Have a go!



Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self esteem
- helping you to build a sense of purpose
- helping you to connect with others

Visit www.aberdeencity.gov.uk/library for online resources, ebooks & eAudiobooks – learn something new today!

Give:

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people



Bring a bit of cheer to your friends or neighbours and pick up the phone, they will be delighted to hear from you.

Or if someone has been especially kind to you, what about taking the time to write them a thank you note?



Take Notice:

What does this mean? This is about finding something which truly helps you to relax. This is especially important at a time we are all feeling a little anxious. We are all unique and different things work for different people.

Here are some ideas to help you figure out what helps you rest your mind:

- Listen to music
- Colouring (you get adult colouring books which can help the mind to focus)
<http://library.nyam.org/colorourcollections/>
- Reading (not news, something fictional)
- Watch a movie
- Pray
- There are relaxation/breathing/mindfulness apps which can help you relax
- Listen to a podcast
- Reading is so important, the library's "**BorrowBox**" allows you to continue borrowing ebooks and audiobooks run by Aberdeen City Libraries service.
https://fe.bolindadigital.com/wldcs_bol_fo/b2i/login.html?targetSite=mainPage.html&b2bSite=6398



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	<p style="margin: 0;">“ Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances ” ~ Viktor Frankl</p>					

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Please don't be alone, reach out during this time, there are lots of people here to help!