



Take A Moment for Self- Care

Your Personalised Wellbeing Plan & Booklet



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www.derbycarers.co.uk



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Derby and Derbyshire
Integrated Care Board



Mid Mercia



Derby City Council

Supporting carers and their families throughout Derby City

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INTRODUCTION

Unpaid carers face day-to-day struggles that can take considerable emotional and physical toll, which is why it's important for you to take a break, unwind and look after your own mental and physical well-being.

We value the hard work unpaid carers put into the care of their loved ones. That is why we want to encourage all Carers to take time out and to understand that it's OK to take time for themselves - in fact it is essential.

We offer a range of free opportunities for our carers – and that means YOU - to relax and unwind so that you can recuperate, recharge and deliver the best and safest care you can.

Keep an eye on our bimonthly well-being schedule for all we offer - it is available through our Newsletter and also on our website: www.derbycarers.co.uk

We have listened to your feedback and recognise that although our activities support your well-being during the time that you attend, sometimes the stress and anxiety you experience comes straight back once you go back to your caring role. This is why we have designed this booklet - just for you. It is a resource packed with activities that only take 5 minutes to complete.

Whether you need to relax, re-focus or decompress, you should be able to fit them into your day.

This booklet contains your very own daily/weekly self-care plan, which will focus on the areas of your well-being that you would like support with.

The NHS's 5 Keys to Wellbeing

1 - CONNECT with other people



Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

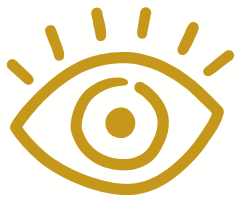
Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

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

2 - MOVE your body more



3 - TAKE NOTICE of what is around you



Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

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

4 - LEARN A NEW SKILL



5 - GIVE (including to yourself!)



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

Activities to reduce Anxiety

Everyone worries to some degree and some thinking ahead can help us to plan and cope. There is no 'right' amount of worry. We say that worry becomes a problem when it stops you from living the life you want to live or if it leaves you feeling demoralised and exhausted.

What triggers worry and anxiety?

Anything can be a trigger for worry. Even when things go right, you might manage to think to yourself 'but what if it all falls apart?' There are particular situations where worry becomes even more common, though. Strong triggers for worry are situations that are:



AMBIGUIOUS

Open to different interpretations

NEW

We don't have previous experience to fall back on

UNPREDICATBLE

Unclear how things will turn out

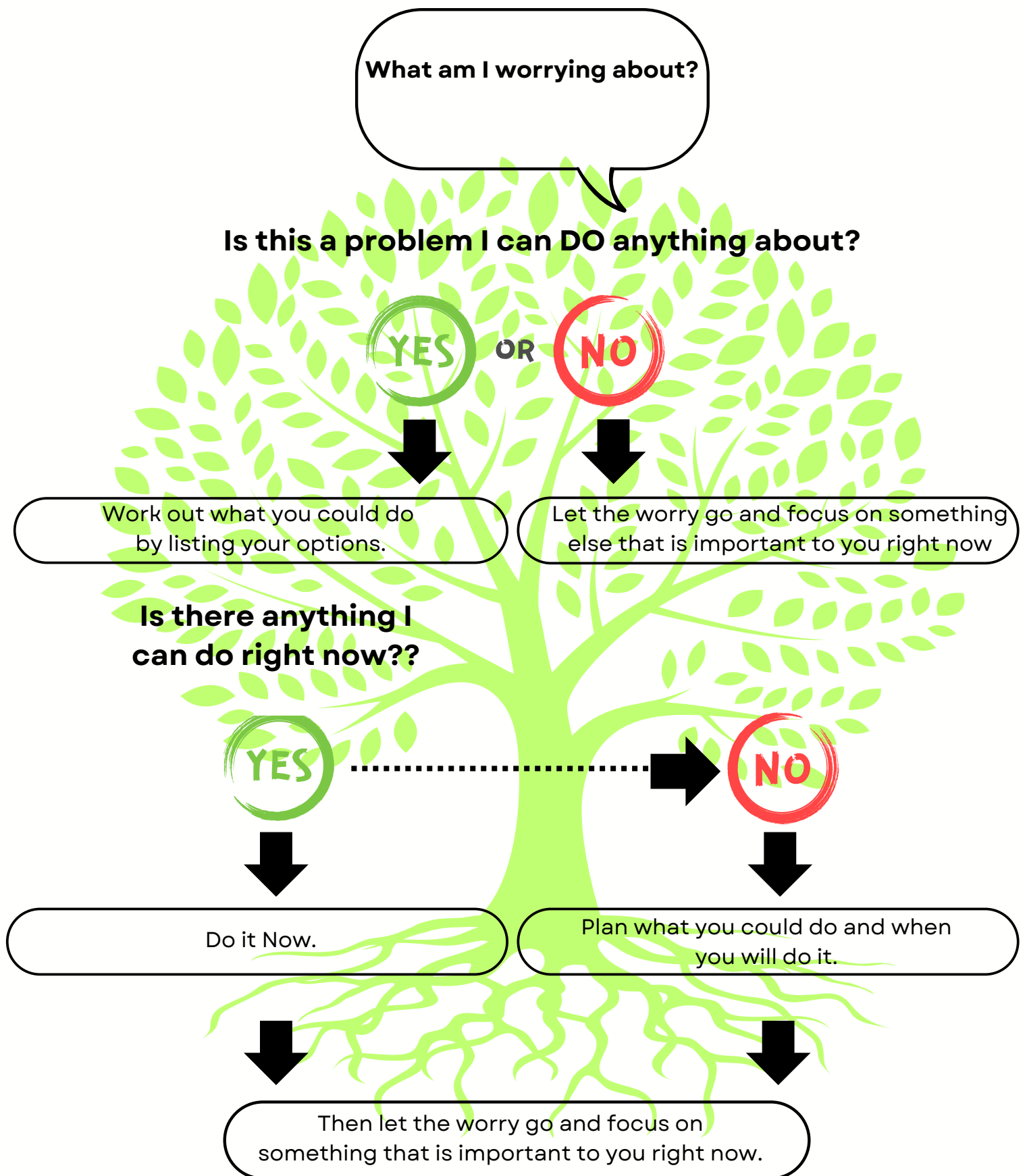
Does any of this sound familiar at the moment? The current worldwide health situation ticks all of these boxes and so it makes sense that people are experiencing a lot of worry at the moment. It is an unusual situation with much uncertainty, which can naturally lead us to worry and feel anxious. The following methods can help you manage worry...

METHOD 1 - THE DECISION TREE

You can use this method to help you notice a 'real worry' vs. a 'hypothetical worry'.

TOP TIP – a Carer shared that they have a copy of this on their fridge – it's a quick reminder to let go of worries that you can't do anything about. Feel free to cut this out and do the same!

The Decision Tree



Other Techniques

METHOD 2 - DELAY ACTIVITY

Decide when you will worry...

People who are bothered by worry often experience it as uncontrollable, time-consuming and sometimes believe that it is beneficial to engage in worry when it occurs. Experimenting with postponing your worries - deliberately setting aside some time in your day to do nothing but worry and limiting the time you spend worrying - is a helpful way of exploring your relationship with worry. Follow the steps below for at least one week.

Step 1: Preparation: Decide when your worry time will be, and for how long it will be for. Worry time is time you set aside everyday for the specific purpose of worrying. What time of the day do you think you will be in the best frame of mind to attend to your worries? When are you unlikely to be disturbed? If you are unsure, 15 to 30 minutes every day at 7:00 pm is often a good starting point.

Step 2: Worry Postponement: During the day, decide whether worries that surface are 'real problem' worries you can act on now or whether they are hypothetical worries that need to be postponed. Is this a real problem/worry I can do something about right now? If "yes", take action now. If "no", postpone thinking about it until worry time. Redirect your attention to the present by becoming mindful of the present moment: use your senses (sight, sound, touch, smell, taste); try to focus your attention externally rather than internally.

Grounding With Your Five Senses

What are...		Examples
5 Things you can see		Chair Dog
4 Things you can feel		Carpet Pencil
3 Things you can hear		Birds Cars
2 Things you can smell		Cookies Flowers
1 Things you can taste		Toothpaste

METHOD 3 - GROUNDING TECHNIQUES

STAGE ONE: PLANT YOUR FEET

Plant both your feet on the ground.
Sit up straight feeling the chair supporting you.
Focus on feeling your feet touching the floor.

STAGE TWO: BREATH

Inhale slowly while mentally counting to five.
Then exhale completely whilst counting to five.
Repeat 5 times.

STAGE THREE: NOTICE

Focus your awareness on what you see around you, then what you can feel, hear, smell and taste.

Stress Bucket

Get yourself a cuppa and take 10 minutes to reflect on this exercise:

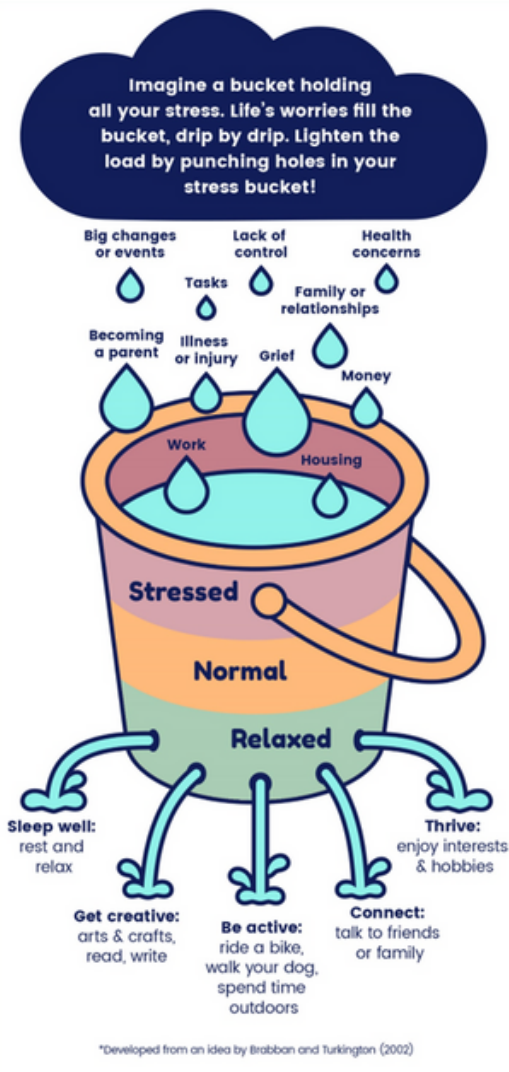
Write a list of all the things that are causing you stress. These can be small or big things. These are the things that take away your energy and drain you.

Now write a list of all the things that bring a feeling of lightness and joy into your life. What relaxes you? You may not be doing these things right now, so make a full list of all the things that bring you a sense of happiness.

As much as we would all like a magic wand to remove the stress from our lives, this isn't realistic and we have to learn to manage stress and find ways to build our resilience. Especially when you are caring for others and you have other people relying on you for their well-being.

How can you build into your life some of the things you have thought about that bring you joy? Try to find the best balance you can to fill your 'bucket' with things that support your wellbeing too

Your stress bucket



Things that create stress in my life are:

Things that help me feel relaxed in my life are:

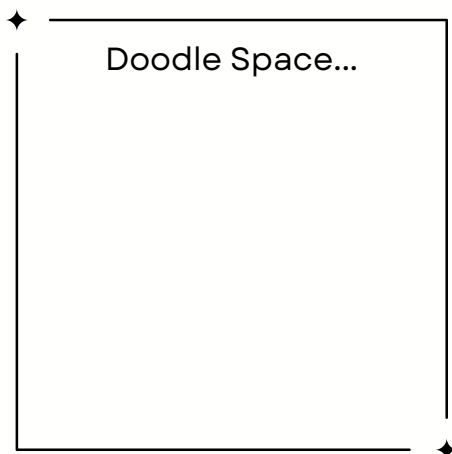
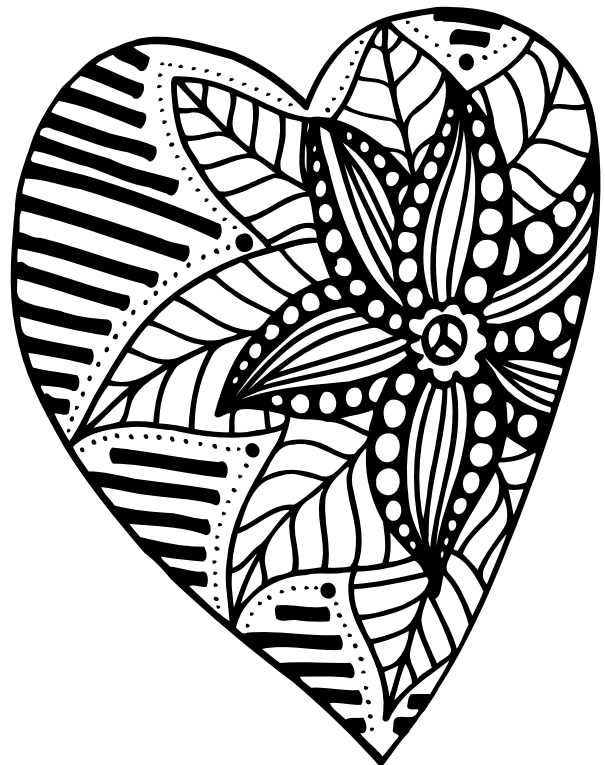
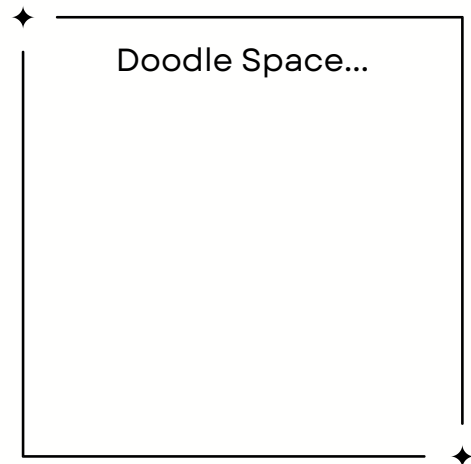
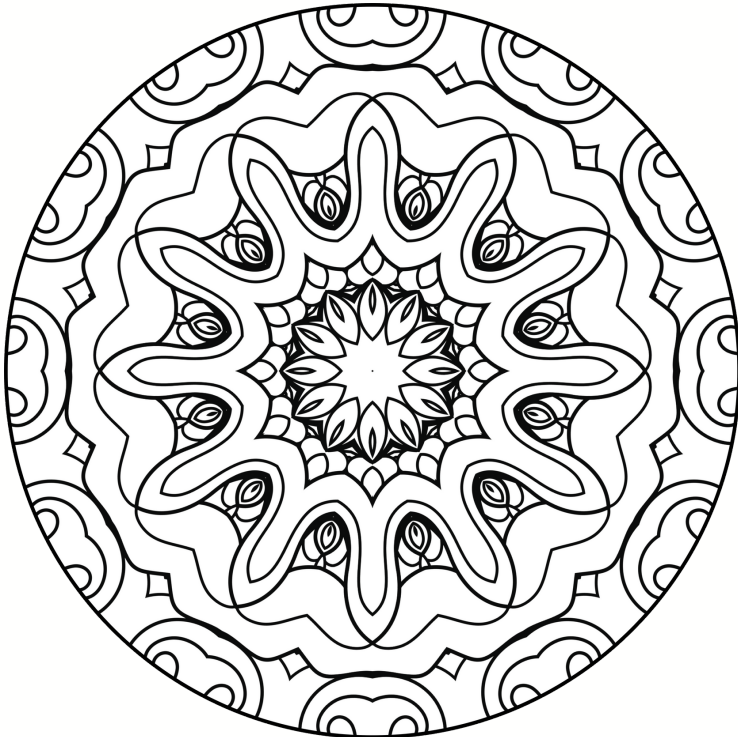
Mindful Colouring

METHOD 4 - MINDFUL COLOURING

Colouring in, being creative, doodling, and exercising our creativity can be a great way to relax. Why not start by having a go with the image below – all you need is some coloured pens or pencils. Observe how you feel as you immerse yourself in colouring.

As an adult there can seem to be fewer opportunities to be creative, so consider what might work for you and try a few different things. Even 5-10 minutes a day spent being creative can make a huge difference.

You could also come and join our creative classes. Look out for our well-being schedule that lists all the details of times and dates. This is posted on our social media pages and is also emailed or posted out alongside our newsletter at the beginning of every month.



Gratitude List



Gratitude can help you feel more positive emotions, relish good experiences, improve your health, help you deal with adversity and support with building positive relationships. Try this weekly gratitude journal to focus on things you are grateful for. Pick 3 things that you are grateful for each day. A good routine is to do this is just before you go to bed, leaving you positive thoughts before sleep, which can support in bringing about a better night's sleep.

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Exercise - NHS Information

Roll up, roll up! It's the miracle cure we've all been waiting for...

It can reduce your risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%. It's free, easy to take, has an immediate effect and you don't need a GP to get some. What's the name of this miraculous cure, I hear you say? Exercise!

Exercise is the miracle cure we've always had, but for too long we've neglected taking our recommended dose. Our health is now suffering as a consequence. This is no snake oil. Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life.

People who exercise regularly have a lower risk of developing many long-term (chronic) conditions, such as heart disease, type 2 diabetes, stroke, and some cancers. Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, Dementia and Alzheimer's disease.

Health benefits:

Given the overwhelming evidence, it seems obvious that we should all be physically active. It's essential if you want to live a healthy and fulfilling life into old age.

It's medically proven that people who do regular physical activity have:

up to a 35% lower risk of coronary heart disease and stroke

up to a 50% lower risk of type 2 diabetes

up to a 50% lower risk of colon cancer

up to a 20% lower risk of breast cancer

a 30% lower risk of early death

up to an 83% lower risk of osteoarthritis

up to a 68% lower risk of hip fracture

a 30% lower risk of falls (amongst older adults)

up to a 30% lower risk of depression

up to a 30% lower risk of dementia



"If exercise were a pill,
it would be one of the most
cost-effective drugs ever
invented"

Dr Nick Cavill,
Health Promotion
Consultant.

See the schedule in our Newsletter for movement classes, swim sessions, wellbeing walks and email in to carers-events@citizensadvicemidmercia.org.uk for links to our Resource Library for online Yoga classes.

Nutrition - NHS Information



Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This means eating a wide variety of foods in the right proportions, consuming the right amount of food and drink helps to achieve and maintain a healthy body weight.

This page covers healthy eating advice for the general population, but people with special dietary needs or a medical condition should ask their doctor or a registered dietitian for advice:

Fruit and vegetables: are you getting your 5 A Day?

Fruit and vegetables are a good source of vitamins and minerals and fibre and should make up just over a third of the food you eat each day.

It's recommended that you eat at least 5 portions of a variety of fruit and vegetables every day. They can be fresh, frozen, canned, dried or juiced.

There's evidence that people who eat at least 5 portions of fruit and vegetables a day have a lower risk of heart disease, stroke and some cancers.

Eating 5 portions is not as hard as it sounds. A portion is:

80g of fresh, canned or frozen fruit and vegetables

30g of dried fruit – which should be kept to mealtimes

150ml glass of fruit juice or smoothie – but do not have more than 1 portion a day as these drinks are sugary and can damage your teeth

Just 1 apple, banana, pear or similar-sized fruit is 1 portion each

A slice of pineapple or melon is also 1 portion and 3 heaped tablespoons of vegetables is another portion

Adding a tablespoon of dried fruit, such as raisins, to your morning cereal is an easy way to get 1 portion

You could also swap your mid-morning biscuit for a banana and add a side salad to your lunch.

Hydration: How much do you drink?

Most people should aim to drink enough during the day so their pee is a clear pale yellow colour. The Eatwell Guide recommends that people should aim to drink 6 to 8 cups or glasses of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count. You may need to drink more fluids if you're:

- **pregnant or breastfeeding**
- **in a hot environment**
- **physically active for long periods**
- **ill or recovering from illness**

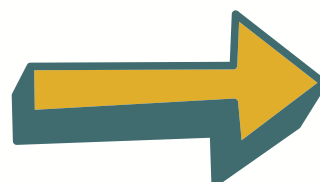
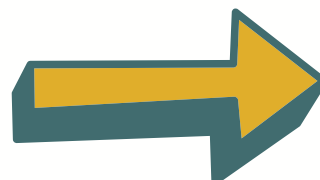
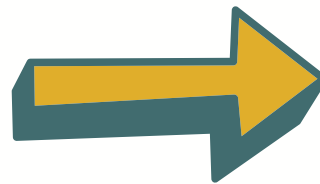
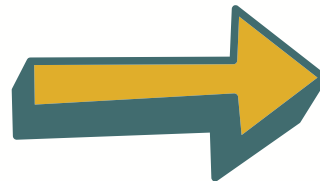
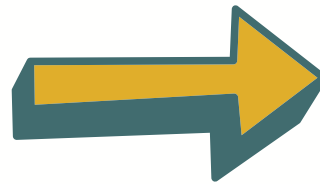
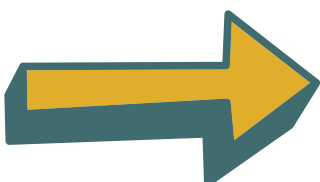
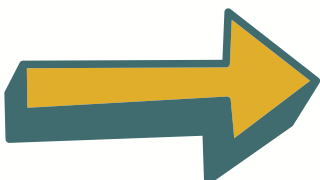
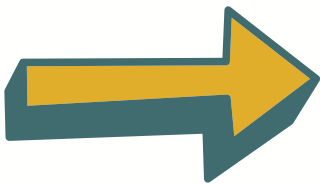
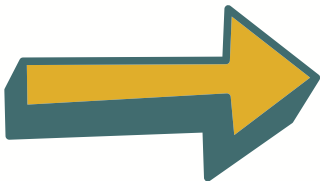
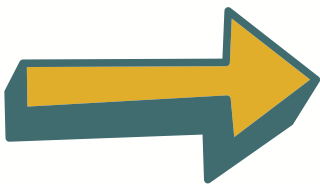
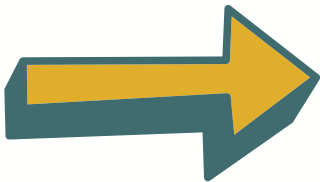
For more information on nutrition you can look at the www.nhs.uk/livewell

We also have nutrition experts join our Wellbeing programme - look out for these in our Newsletter.

Support Network

It's important to know who your support network is - especially for those times when you need support. We should utilise support regularly, this will help you stay grounded and prevent you from going into a crisis.

Have a think about who your support network is. You can include family, friends, work colleagues, charities, your GP, a counsellor and support lines, such as Samaritans.



My Wellbeing Plan

Now you have taken some time to read this Wellbeing booklet, we are hoping you will be inspired to include more self-care in your life – which in turn, will help build your resilience promoting mental and physical wellness.

Below you can start to put together your own personalised plan with all the aspects that resonate with you. Your GP is always on hand if you are ever concerned about your wellbeing. They will be able to advise on anything that may support you. We, at the Carers Team hope to see you on one of our events and workshops very soon.

MORNING WELLBEING PLAN

AFTERNOON WELLBEING PLAN

EVENING WELLBEING PLAN

My Wellbeing Plan

WEEKLY WELLBEING PLAN

MONTHLY WELLBEING PLAN

YEARLY WELLBEING PLAN

Now you have taken some time to read this Wellbeing booklet, we are hoping you will be inspired to include more self-care in your life – which in turn, will help build your resilience promoting mental and physical wellness.

Resource Library

Behind the scenes, we've been gathering up handouts and resources from workshops and online courses that have been run... and commissioning more! **(Did you know we have a new website just for the Carers Service which can now be viewed?)**

This means we have a growing resource library to be able to share.
All you need to do is email in to request and we'll send over to you:
carers-events@citizensadvicemidmercia.org.uk



Anxiety Reset Series

January 2023 saw the launch with the first in our Anxiety Reset series!

Sally-Anne Marler, from The Creative You explored the impact of anxiety and creative ways to help support your nervous system to 'reset'. As part of Mental Health Awareness Week, session two in the series had a focus on CBT with Mental Health Nurse Kezia Matheison sharing some Cognitive Behavioural Therapy Techniques. Handouts available for both with valuable information. Watch out for Session 3 coming in Autumn with a Hypnotherapy focus.

Guided Meditation & Relaxation Sessions



At the beginning of the year we introduced fortnightly online live sessions with Sharon Price. She has over 25 years experience of teaching yoga/mindfulness and meditation. Six sessions are available online to access via You Tube guiding you through a journey of different techniques to find a practice that suits you. Suitable for beginners as well as people with experience. Contact the team to receive all 6 links.



Yoga Classes for All Conditions

Sharon is back with 4 guided Yoga classes focusing on supporting a range of conditions and symptoms. Gentle seated and standing sequences are available along with a chair based session to gently move, stretch and strengthen. These sessions are suitable for All including those experiencing long term chronic pain conditions like fibromyalgia and arthritis, rheumatism, depression, anxiety, etc.

Arthritis Awareness

We have information sheets available of self massage techniques and a gentle joint releasing sequence to help with those living with arthritis. Also included is information on what aromatherapy blends can be helpful to use with these conditions.



Stress Awareness

From a session we ran online with therapist Jo Birch last year, this handout explains how stress affects us and offers some useful techniques and information on how to support your system.

OPEN

LIBRARY

Useful Contacts

Derby City Care Line – 01332 642855. Monday to Friday, 9-5pm.

Derby City Care Line out-of-hours support - 01332 956606.

It operates Monday to Friday 5pm–9am, with a 24-hour service during weekends and bank holidays.

Call 999 if you are at immediate risk of harm or need help if someone is seriously ill or injured.

Samaritans- Call 116 123, free helpline, open 24 hrs a day, 365 days a year.

PAPYRUS Hopeline UK – Helpline for people under 35 who have suicidal thoughts and for anybody worried about another young person's mental health. Open 9am-Midnight daily. Tel: 0800 068 4141 Text: 07786 209697 pat@papyrus-uk.org

National Domestic Violence Helpline - 0808 2000 247 (Open 24hrs a day)

NHS 111 - can help you decide if you need medical help and offer advice on how to access help safely. The service is free to access and is available 24hours a day, 7 days a week.

Non-Emergency Police - 101

Royal Derby Hospital Adult Emergency Department - 01332 783111 -
Address: Uttoxeter New Road, Derby DE22 3NE

Derby Urgent Care Centre: 01332 224700 - Address: Urgent Care Centre, Entrance C, Osmaston Road, Derby DE1 2GD

Emergency Dental NHS service - 01332 564911

Textline - free support 24/7 for Young people under 25 - Text YM to 85258

Shout - Text mental health service free on all major networks. TEXT- 85258

Derbyshire Mental Health Helpline and Support Service call - 0800 028 0077 -
This is a 24/7 service for Derby residents

Treetops Hospice - counselling and emotional support to adults, children & young people who are dealing with a life-limiting illness or bereavement - 0115 949 1264.

General Advice - Citizens Advice Mid Mercia - 0808 278 7972

Money Advice Service - Citizens Advice Mid Mercia - 01332 228745