

Self-isolation Support Booklet



Contents

Introduction

Stress and Anxiety Management

Relaxation Techniques

Breathing Techniques

Fatigue Management

Mood Management

Chair Based Exercise

Puzzles/ Activities

Introduction

This booklet is designed to support you through this period of isolation.

It includes strategies and management techniques to support you physically and mentally.



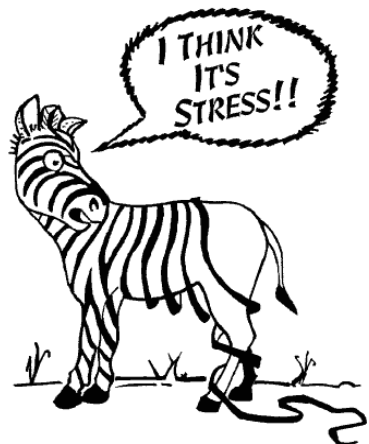
Stress and Anxiety Management

Positive Coping Strategies

- Exercise
- Eating well
- Breathing well
- Good sleep routine
- Hobbies/leisure time
- Relaxation
- Delegation
- Positive thinking

Negative Coping Strategies

- Smoking
- Excessive alcohol
- Too much caffeine
- Comfort eating



Change your behaviour!

- **Organise** – write things down, make lists and set goals
- **Delegate** – let others help you
- **Work balance** – take regular breaks, make time for leisure
- **Offloading** – a problem shared is a problem halved
- **Laugh** – it relieves muscular tension, and pumps endorphins into your blood stream

Relaxation Techniques

- Visualisation
- Progressive muscle relaxation
- Rectangle Breathing
- Calming Hand
- Sips of cold water
- Music
- Massage
- Meditation



Progressive muscle relaxation:-

- Begin by focussing your attention on your feet, trying to release the tension in your muscles.
- First think of your toes, working up through your ankles to your calves and shins, over your knees and along your thighs.
- Notice how loose your legs feel now.
- Become aware of your tummy and then your chest. Feel the tension flowing out of your body. Now think of your shoulders travelling down to your elbows, through your forearms, and into your wrists, hands and fingers.
- Become aware even of your fingertips.
- Notice how loose your arms feel now.
- Next, focus your attention on your lower back and pelvis. Try to release any tension you are feeling here.
- Allow this feeling of looseness rise up your back, to the back of your chest and shoulder blades
- Continuing up into your neck and scalp, to the crown of your head.
- Slowly begin to focus on your forehead and move down to your jaw.
- Imagine that you have a giant paint brush, sweeping over your body, following the same route and creating a feeling of calm and relaxation.
- Feel that every part of your body is relaxed.

Visualisation Exercise - Cottage by the Sea:-

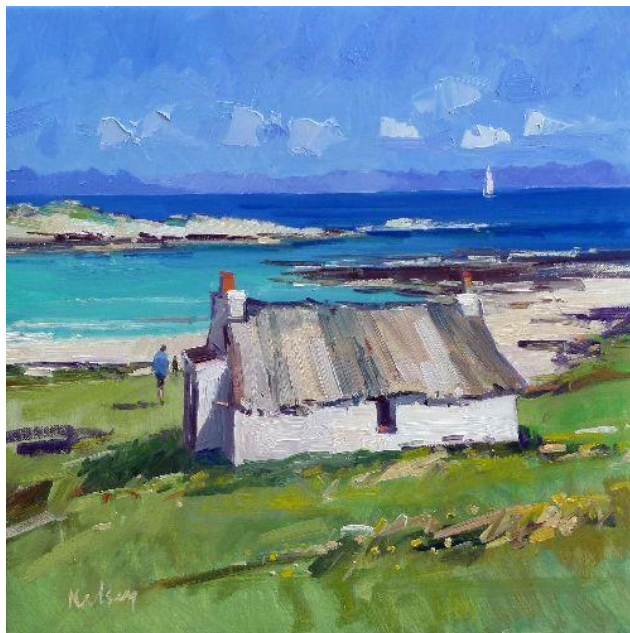
First make yourself completely comfortable. Take yourself in your imagination to the garden of a cottage by the sea. You are sitting in a comfortable garden chair with plump cushions. All around you are the flowers of the cottage garden and you have a wonderful view out to the sea. In the distance you hear the rhythmic beating of the waves on the beach below.

After a while, you get up from your chair and walk across the brilliant, sun-warmed grass of the lawn. You make your way down a flight of steps which lead directly onto the wide, smooth, sandy beach. You take off your shoes, and walk over the pale, warm, dry sand down towards the water's edge. Feel the warmth coming from the sand beneath your feet, feel the sand between your toes.

As you get nearer to the sea, the sand becomes smooth, hard and damp. Now you can come to the water's edge. You watch the sparkling foam running up the beach towards you, and you let the warm, shallow water flow around your ankles. You walk along the water's edge, enjoying the rhythmic swish of the waves swirling around your ankles, the sunlight dancing on the water.

Now you turn back towards the cottage. You walk back over the smooth, hard sand, over the pale, powdery sand. You go up the steps which lead back on to the lawn. The grass feels cool and refreshing to your warm bare sandy feet. You sit down in your chair again, allow your eyes to lose and bask in the warmth of the late afternoon sun. Enjoy this scene for a few minutes. Then begin to bring your attention back to the room in which you are in.

Become aware of the feeling of relaxation that you are bringing back with you. And in your own time open your eyes.



There are five steps (or fingers) to understanding the Calming Hand

Step 1 – Thumb

Recognition

Recognise your signs of panic EARLY and take the following steps to regain control:

Step 2 – Index finger

Sigh out

As you do, relax your shoulders and arms.

Step 3 – Middle finger

Breathe in slowly.

Step 4 – 4th finger

Breathe out slowly.

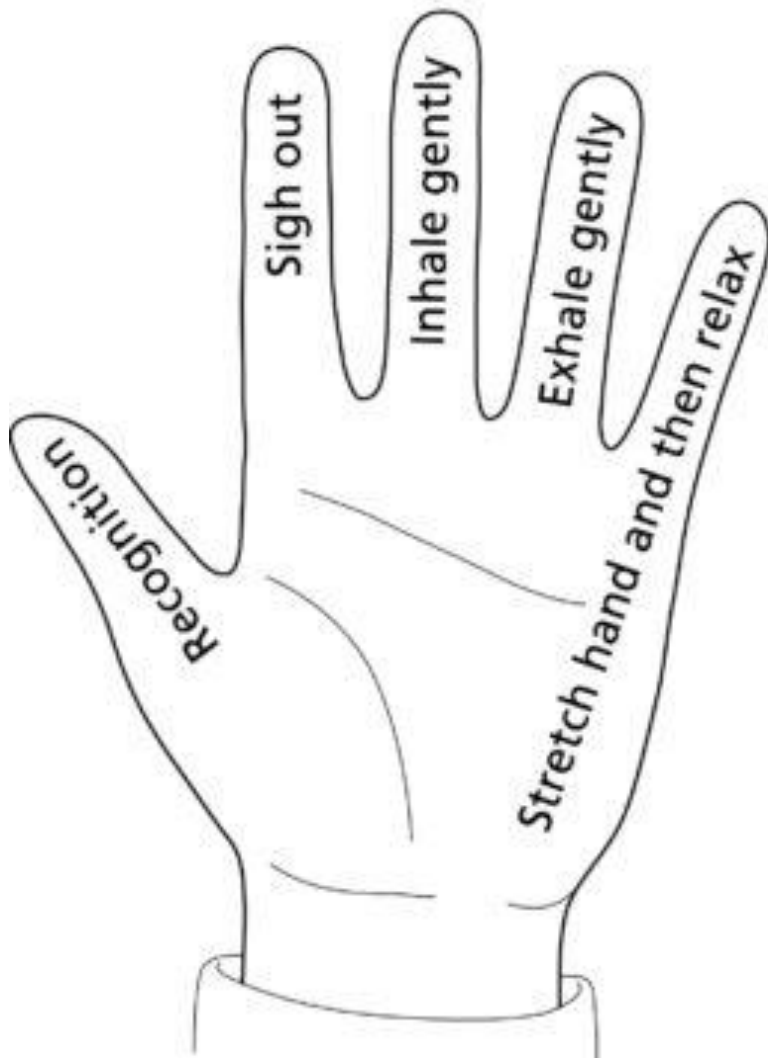
Step 5 – Little finger

Stretch and relax your hand.

Sometimes just hand stretching is enough to help when you are starting to panic.

Repeat these steps until you feel calmer.

Calming hand



**Cold Water Sipping to help ease panic
and anxiety**

Take a cold sip of water and swallow it.

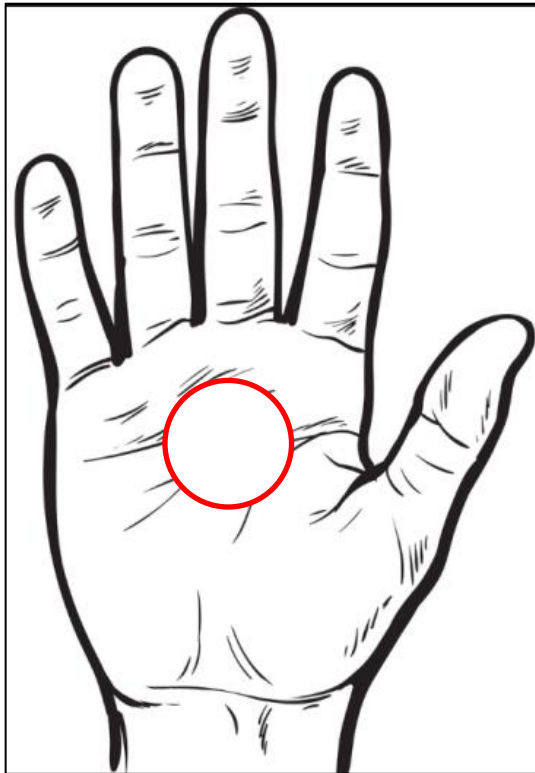
**Take another, hold it in your mouth,
make it warm- swallow.**

Repeat if necessary



Self-Soothing to help with panic and anxiety

Massage the area shown with the thumb of your other hand



Breathlessness Management Techniques if you struggle with breathlessness

**IF YOU HAVE NEW BREATHLESSNESS
PLEASE INFORM A MEMBER OF STAFF**

Pursed Lip Breathing:-

1. Breathe in through your nose (as if you are smelling something) for about 2 seconds
2. Pucker your lips like you're getting ready to blow out candles on a birthday cake.
3. Breathe out very slowly through pursed-lips, two to three times as long as you breathed in.
4. Repeat.

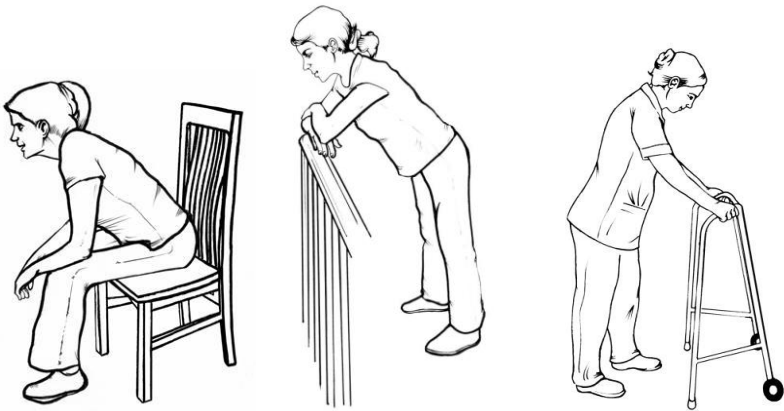


Controlled Breathing:-

- Sit in a comfortable position with your back well supported (e.g. a dining chair)
- Place your hand on your upper abdomen, between your belly button and your upper chest
- Breathe slowly in through your nose and slowly out through your mouth. Counting as you breath (in 2-3, and out 2-3-4, rest 2-3) may also help your breathing control
- At the same time allow your shoulders to drop down towards your waist and feel your neck grow longer
- You should notice little movement from your upper chest while your upper abdomen rises and falls as you breathe
- Your breathing should be quiet and effortless
- Practice doing this several times during the day so that it becomes easier to do
- The aim is for you to feel you can use this way of relaxed breathing whenever you become anxious or expect to become breathless

Positions of ease:-

These positions may help you to ease your breathlessness at rest and after activity. The most commonly used positions are shown, however you may find other positions of ease which are not pictured.



Make sure you are fully over on your side. Resting your upper arm on a pillow may also help.

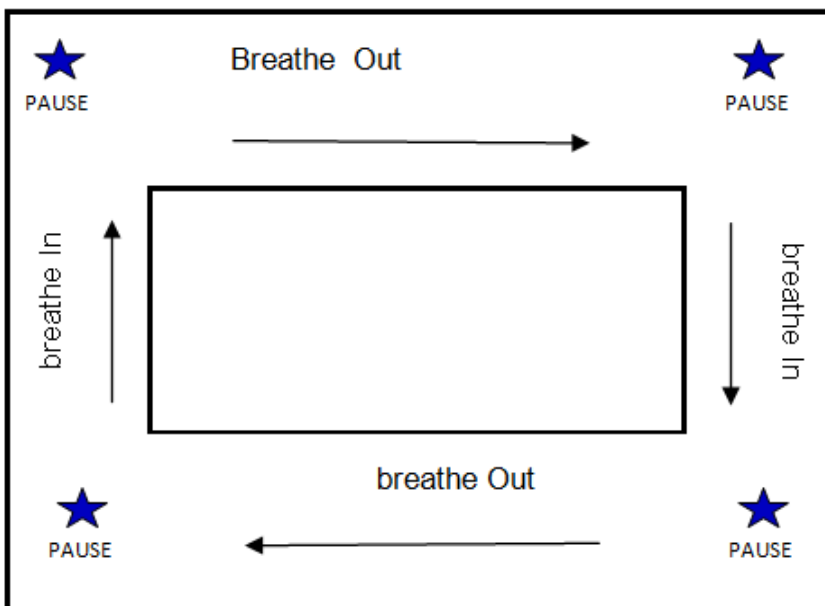


Relax down onto the pillows as much as possible. Having your legs apart may also help.

Rectangle Breathing:-

Breathe in when you're going vertically, pause when you reach a corner, and breathe out when you're going horizontally. The horizontal sides should be longer than the vertical sides.

Rectangle Breathing



Fatigue Management: - Following an admission to hospital, it can be normal to feel fatigued. Here are some strategies to help you.

Conserving your energy:-

Planning - Consider which times of the day are best for you and plan activities around this time. Try to space activities out during the week and not concentrate all activities into one day.

Pacing - Slow down your activities as this will take less energy. Slow down when you talk, laugh, eat or cough – these actions can affect your breathing pattern. Break down your activities into smaller tasks that are more manageable. Allow yourself some time each day to try to relax. Remember that it is better to take a little extra time to complete one task and be able to continue than to finish one task quickly and feel too tired to continue

Prioritising - When you have a fixed amount of energy to use, it is worth having a think about which activities are most important to you. Sometimes it can help to write everything down that you would like to or need to do. Then think about whether these activities are high, medium or low priority for you. When planning what activities you are going to do, concentrate on the high priority things first and then work your way through to the medium priority activities. It might be that you don't get round to doing the low priority activities or ask someone else to do these.

'Jug of Energy'

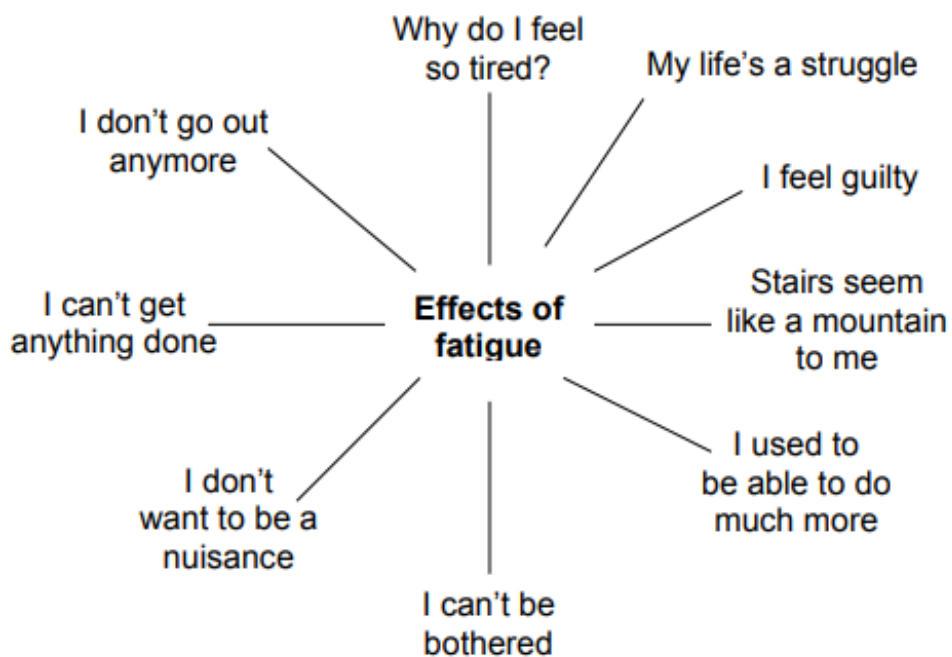


Imagine your energy in terms of having a **'jug of energy'**. Some activities will top up the energy in your jug and other activities will use up the energy in your jug.

What would you like to use your energy on?

Try to keep 20% of your energy in your jug at all times.

Effects of fatigue



Practical tips to reduce physical fatigue levels:-

- Getting a balance of activity, rest and sleep
- Try to have a regular sleep / wake pattern
- Try to avoid sleeping during day – naps of 20 mins only
- Keep as active as possible during daytime
- Try to identify problems and worries well before going to bed
- Avoid caffeine and alcohol before bedtime
- Eat healthy and have plenty of fluids

Use of Adaptive Equipment:-

- Use equipment to conserve energy
- Adapt your environment to suit you
- Speak to the **Occupational Therapist** regarding potential equipment to adapt the environment on your return home



Practical tips to reduce cognitive fatigue levels:-

- Let others know when you are feeling overwhelmed or overloaded
- Cut out distractions
- Write lists for activities e.g. shopping, to do lists
- Keep a diary to help remember and plan for the day and week
- Keep mentally active
- Art / craft / gardening activities can help you to feel refreshed mentally

SMART goals:-

Specific- *what exactly is it you want to do?*

Measureable- *how will I track my progress?*

Achievable- *how will the goal be achieved?*

Realistic- *how do you know you can achieve this goal?*

Timely- *how long will it take to accomplish the goal?*

Keep a daily diary/ to do list

Example

Time	Activity	Completed
8am	Get up, washed and dressed	Yes
9am	Have Breakfast	Yes
10am	Meditation	Yes
11am	Chair exercises	Yes
12pm	Lunch	Yes
1pm	Read a book	Yes
3pm	Puzzle	Yes
5pm	Dinner	Yes
7pm	Relaxation	Yes
9pm	Get ready for bed	Yes

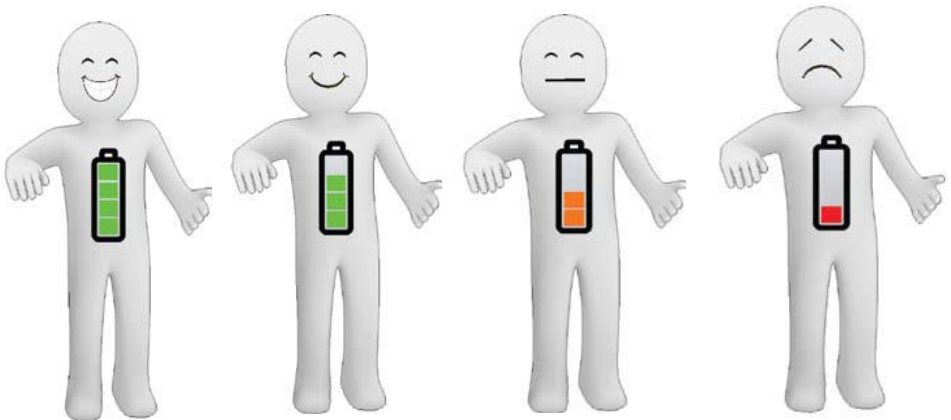
Fatigue Management

Each day you start with a certain amount of energy like a fully charged battery.

With each daily activity your energy levels will reduce e.g. washing, dressing, talking, eating, going to the toilet etc.

It is important to pace yourself during the day to save your energy.

You cannot function on empty



Mood Management

Keep a track of how you feel each day, with a mood diary.

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Examples of words you could use to describe your feelings:

Calm, Cheerful, Content, Thankful,
Lonely, Sad, Afraid, Sick, Tired,
Miserable, Worried, Proud, Irritated,
Low, Glad, Happy

Gratitude Diary

Keeping a gratitude diary has been shown to have a powerful effect on mental wellbeing.

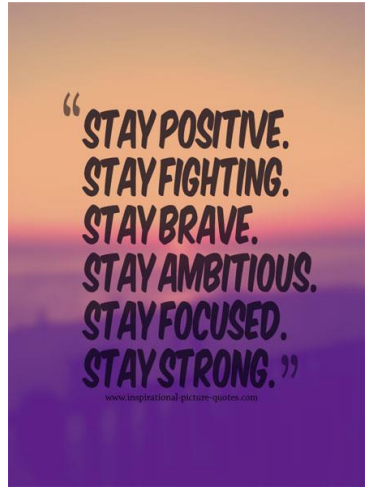
It focuses on the positive things in your life, can reduce stress, improve happiness, and improve self-esteem.

3 things that I am grateful for:

1.

2.

3.



Chair Based Exercises

If you have any fractures, severe joint pain or any limiting medical conditions, please seek advice from the therapist or Doctor prior to completing exercises. All exercises should be performed within a comfortable range. If painful, please stop. Do not complete if you are feeling very unwell or breathless. Complete these exercises in sitting.



©Physiotools

Turn your head to one side until you feel a gentle stretch. Hold this position for approximately 3 seconds. Repeat for the other side.



©Physiotools

Lean your head forwards until you feel a gentle stretch behind your neck. Hold for approximately 3 seconds.



©Physiotools

In sitting, roll your shoulders back.

Repeat 10 times as able



©Physiotools

In sitting, hold your hands and lift your arms over your head. Breathe in and slowly bend your arms to the side. Breathe out and return to the starting position. Repeat in opposite direction.



©Physiotools

Sit with your feet firmly on the floor. Slowly reach down towards the floor. Hold this position for 3 seconds and then slowly return to starting position.



Lift your heels up and down.
Complete 10 times as able

Lift your toes up and down.
Complete 10 times as able

©Physiotools



In sitting, lift your leg up from the
seat, keeping your knee bent.
Return to starting position.

Repeat 5-10 times as able

©Physiotools



Sitting on a chair, lift one leg and
bring it out to the side. Lift it
again and bring it back to the
starting position.

Repeat 5-10 times as able

Then repeat with other leg.

©Physiotools



©Physiotools

Sit up straight, so that your feet are supported on the floor.

Bend your ankle and straighten your knee using your front thigh muscles.

In a controlled manner return to the starting position.

Repeat 5-10 times as able.



©Physiotools

Sit up straight, so that your feet are supported on the floor.

Slide your foot backwards on the floor and bend your knee as much as possible.

Return to starting position.

Sudoku

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

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

Operatic

CARMEN

FALSTAFF

FAUST

FIDELIO

FIGARO

FRA DIAVOLO

IL TROVATORE

LA BOHEME

LAKME

LA TRAVIATA

MANON

MARTHA

MIGNON

RIGOLETTO

SALOME

TOSCA



Coast to Coast

AYR	HOVE	SOUTHPORT
BANGOR	MARGATE	SOUTHWOLD
BARMOUTH	MINEHEAD	ST. IVES
BARRY	NEWQUAY	TENBY
BEXHILL	POOLE	TORQUAY
BLACKPOOL	REDCAR	TROON
BLYTH	RYDE	WHITBY
BRIDLINGTON	SKEGNESS	WORTHING

BRIGHTON	H T U O M R A B H O R N S E A
CLACTON	F Y E W O F E H T U O M L A F
DAWLISH	Y B T I H W E D B A R R Y E L
DEAL	S S E N G E K S C Q Y B D V I
DOVER	D L O W H T U O S A N Y H O N
DUNBAR	I D M G C O D O V E R P T H T
FALMOUTH	B R I D L I N G T O N A Y M R
FLINT	C N N J A H S T I V E S L A N
FOWEY	H R E E C N L L I H X E B H O
HEYSHAM	S O H T T W O R T H I N G S T
HORNSEA	I G E A O R T O R Q U A Y Y H
	L N A G N K M S R D E A L E G
	W A D R T R O P H T U O S H I
	A B Y A U Q W E N E L O O P R
	D U L M B T L O O P K C A L B

LIFE
isn't about
WAITING
FOR THE STORM
TO PASS
it's about
LEARNING
to dance
- IN THE -
RAIN

Author: Alison Chadwick and Christine Chetter

Department: Reablement Team

Document Number: STHK1384

Version: 001

Review Date: 30/04/2021