

# Derbyshire Eating Disorder Services Occupational Therapy Newsletter 2

## ACTIVITIES

### *Self-care, Productivity and Leisure*

Hello....

Hope everyone is holding up ok and that some of the resources and links from last week proved useful. Some of you have shared with me some great activities you've been up to so I'll share those at the end.

The newsletter follows a similar format to last one with a new challenge and some exciting links, including how you can pick up productive roles again, not only through studying but also possibly volunteering from home, which I had never thought of much before. Thanks.

*Karen*

#### **Contents**

1. Occupational Therapy activity challenge
2. Wellbeing links for relaxation and stress management
3. Keeping in touch with people
4. Links for things to try and do, for education, productivity and leisure (free online courses)
5. Practical advice links
6. Sharing your staying well activities and uplifting stories or pictures (I will keep this confidential)

## Weekly Occupational Therapy activity challenge

Arty Challenge:

Have a go at painting or drawing these Water Lilies in any medium you have to hand.

I had a go using acrylics...go as abstract or as detailed as you want to, and remember have fun, relax and don't be critical of what you do 😊

I've put some photos as a reference and also a lovely version done by Monet



I would love to see what you have done with this art challenge so email me what you've been up to title your email 'OT Newsletter':

[dhcft.eatingdisordersservice@nhs.net](mailto:dhcft.eatingdisordersservice@nhs.net)



### 2. Wellbeing links for relaxation

[Headspace](#) is offering some of its resources for free at this time

### 3. Keeping in touch with friends family and support

This week I sent a card to an online friend. I also had a go with some new technologies. I did a live yoga session [via Skype](#) on Sunday and tried a family gathering [via Zoom](#). These were all free. Also I did the Clap for keyworkers in my street. It was wonderful to see my neighbours from the safe distance of across the road.

What have you been doing to stay in touch or have you felt able to try and connect with new people?

#### 4. Links for things to try and do, for education, productivity and leisure – free online courses

[Opportunity to volunteer online](#) or by telephone from your home:

[Learn a new language online](#) for free with The Open University

[Join a choir](#) from your own home:

[Free art courses](#):

[Great activities to do with children](#) from the Scouts

#### 5. Practical advice and links

[Advice on getting support](#) and keeping yourself safe:

<https://www.gov.uk/coronavirus-extremely-vulnerable>

Values:

Following on from last week when we looked at the importance of routine, this week I'd like us to think about our values. Our values give us our self-worth and identity, and also help us to decide how to structure our day and what activities we want to include in our routine. There are some interesting websites which offer tools to help you think about this, such as [Tomi Llama](#).

What are your top 5 life values?

What's important to you and does your daily structure reflect this? (make sure you don't beat yourself up over what you are doing and make sure to give yourself permission to relax and enjoy things)

#### 6. Sharing staying well activities

This is a wonderful crochet project being done by one of our service users





This is how one our great service users is reminding herself to keep on track and that she is a warrior



This is the view from a little space a service user has created do her writing looking out the window with a wonderful view over the city.



Some of the drawing and writing done by this creative service user

[dhcft.eatingdisordersservice@nhs.net](mailto:dhcft.eatingdisordersservice@nhs.net)

My creative projects:

I'm still knitting...it went wrong so I had to start again but that's ok...I'll get there in the end and will post a pic when it's done.

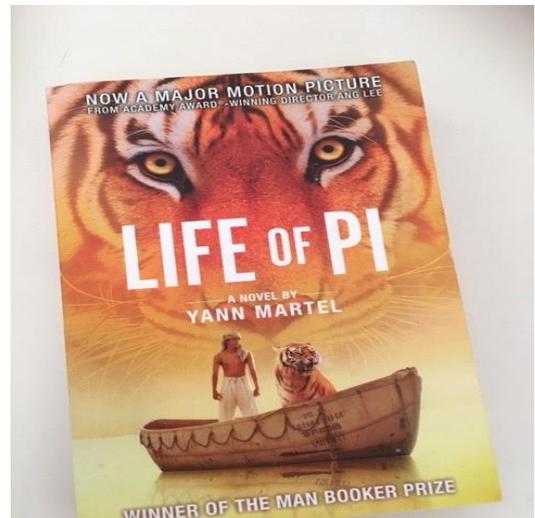
I'd love to see pictures or descriptions of any of your creative projects so email me them.

Self-care tasks:

Boring as it might seem I did an hour's sorting in my spare bedroom, sorting stuff for the charity shop, for recycling and the bin. It was difficult, as looking through old stuff can bring up many emotions, but I kept it just to a short time and felt really pleased I had a bit of a sort-out. Is there a space or corner of a room at your home that would feel better if it was more organised?

Book Reviews:

Still working my way through this book when I have opportunity....so I'll update when I've read it....I'd love to see book covers and your opinions on books you've read and that I can share on here with other service users.



Finally just to say.....

If you want to chat about any of the activities above or anything Occupational Therapy related, ring our office number and I'll give you a ring back or alternatively email me, titling it Occupational Therapy, to: [dhcft.eatingdisordersservice@nhs.net](mailto:dhcft.eatingdisordersservice@nhs.net)

I work Monday, Tuesday and Thursday

For more urgent issues, mental/physical health related questions or specific dietetic, psychological or medical advice, please contact our office number and leave a message and someone will call you back. Outside normal working hours, please call your GP out of hours service or 111.

Derbyshire Eating Disorder Service Tel: 01773 881467

Alongside this for other local great eating disorder support and information please call First Steps Derbyshire: 01332 367571 or email them on: [info@firststeps.co.uk](mailto:info@firststeps.co.uk)

Stay safe and well ☺!



**Derbyshire Healthcare**  
NHS Foundation Trust