

Derbyshire Eating Disorder Services Occupational Therapy Newsletter

25/03/20

Hello....

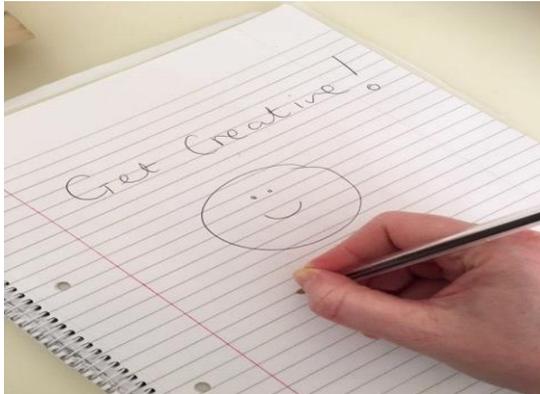
First things first I want to say that we don't want you to feel alone with all the challenges that this recent lockdown has caused.

So we have put together this newsletter to give everyone opportunities to try out new strategies', activities and routines.

Contents

1. Weekly Occupational Therapy activity challenge
2. Wellbeing links for relaxation stress management
3. Links for things to try and do, for education, productivity and leisure (free online courses)
4. Practical advice links
5. Sharing your staying well activities

1. Weekly Occupational Therapy activity challenge



Creative Writing

- Describe your surroundings, what can you see around you, what are the colours, textures, sounds, smells, and can you use any metaphors to describe it?
- Write an uplifting story of something told to you by some you know.
- Write about something or someone who changed your life for the better.
- Write a short poem about something beautiful you can see.

2. Wellbeing links for relaxation

CALM is offering links to its meditation and relaxation resources available for free:

<https://blog.calm.com/take-a-deep-breath>

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

Chatterpack link below has a list of boredom-busting resources, from virtual tours of museums or a Roman fort, to online learning of languages or live streaming of concerts:

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

The link below takes you to many free online courses being offered by many different universities:

<https://www.classcentral.com/report/new-courses-october-2018/>

4. Practical advice and links

The News:

It can be overwhelming to have the news on all the time but it is important to check in with it daily, so try and have a limit or a certain time a day you check in with it.

Routine: When you are having to stay indoors, keeping a daily routine going is very important for mental well-being. See below for some examples of routine planners. There are quite a lot out there, but make sure you use one that's kind to you, and includes time for relaxation and social contact (online, telephone) as well as achievements.

Daily Planner

DATE _____

TODAY'S GOALS

MORNING

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EVENING

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Activities for relaxation, socialising (online, phone) or fun

TODAY, I AM GRATEFUL FOR:

Notes:

mazzonicreative.com

EE WiFiCall 00:14 26%

docs.wixstatic.com

What's your plan today?

DATE: _____

<h3>ROUTINE</h3> <ul style="list-style-type: none"><input type="checkbox"/> Breakfast:<input type="checkbox"/> Lunch:<input type="checkbox"/> Supper:	<h3>PRODUCTIVITY TASKS</h3> <ul style="list-style-type: none"><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/>
<h3>SELF CARE PLAN</h3> <ul style="list-style-type: none"><input type="checkbox"/> Physical:<input type="checkbox"/> Social:<input type="checkbox"/> Restorative:<input type="checkbox"/> Household:<input type="checkbox"/> Living the value of:	<h3>GRATITUDE</h3> <p><input type="checkbox"/></p> <h3>NOTES</h3> <p><input type="checkbox"/></p>

Balance Works
Occupational Therapy & Coaching

What's your plan today?

5. Sharing staying well activities

Because this is the first week doing this, we are sharing some ideas of activities to do in isolation.

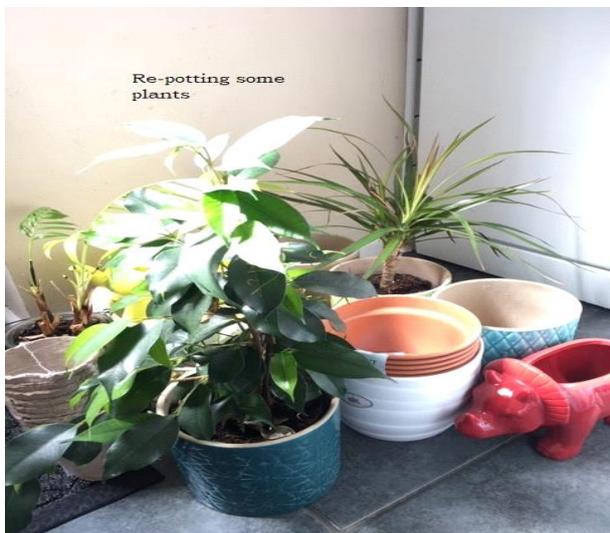
My creative project:

How about a knitting project, there's some great free patterns online



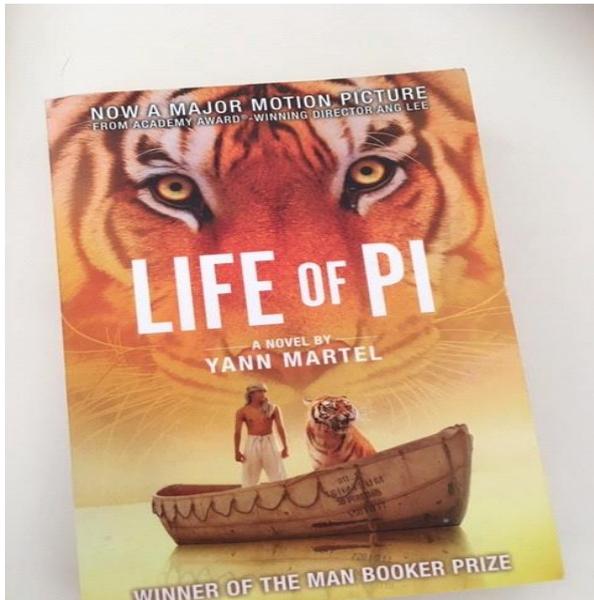
Self-care tasks:

Plants can get some much needed TLC



Book:

It's a great opportunity to get reading some of those books that you've always been meaning to read at home



Derbyshire Eating Disorder Service Tel: 01773 881467

Stay safe and well 😊!