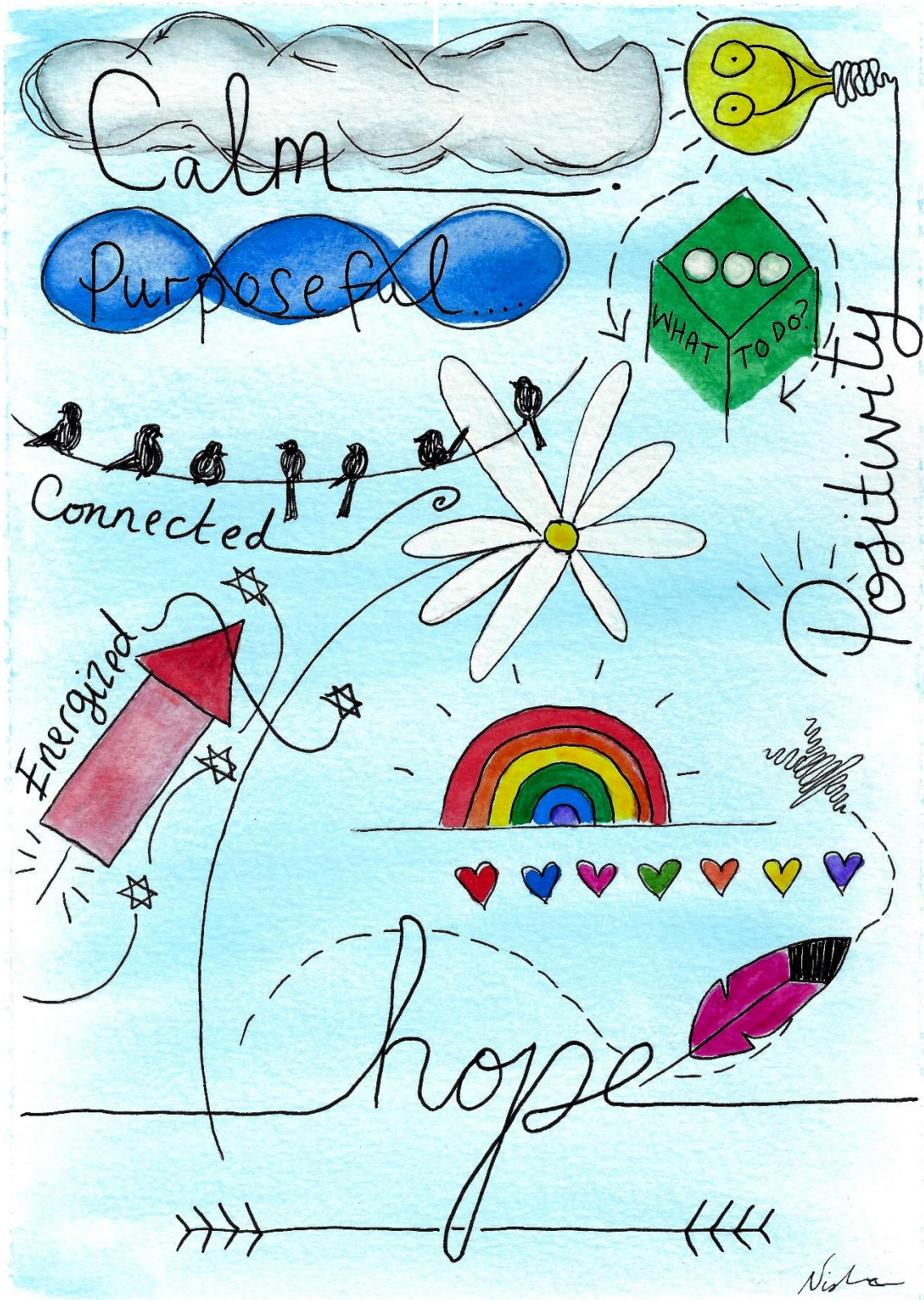


Staff  
**Wellness Resource  
Pack**

April 2020

North West Psychology Services



**CONTENTS PAGE**

<b>Introduction</b>	.....	1
Seeking Calm	.....	2
Feeling Re-energized	.....	8
Feeling Connected	.....	13
Feeling Purposeful	.....	16
Seeking Hope and Positivity	.....	22
 <b><i>Resources Index</i></b>	.....	 25
<b><i>Hyperlink Index</i></b>	.....	35

---

## Wellness Resource Pack

---

### Introduction

It is very normal given the situation that we are facing to require additional support currently, and perhaps you do not always know what to do or where to turn. This booklet contains a series of resources to help tackle common difficulties that we may all face. This is not exhaustive, and is not the only means of tackling difficulties that you experience. However, it is hoped that this would be a good starting point for you and those around you. The booklet is split into the following sections;

- Seeking Calm
- Feeling Re-energized
- Feeling Connected
- Feeling Purposeful
- Seeking Hope and Positivity

All of these areas can be used in isolation or together to help improve well-being. We would very much welcome feedback on these booklets. This includes any additional content or support that you are aware of and has not been included. It is hoped that as we become aware of more information, we can update these booklets and share the resources across a wider range of individuals.

We hope that you find this resource pack useful.

Christine Adams, Nisha Pushparajah, and Hannah Scott-Shevills

**North West Psychology Services**

## Seeking calm

In the current climate it's very normal to experience a whole range of emotions. Just as it's normal to worry about whether you should be feeling differently to how you do, or if you should feel how someone else is feeling. We are all different and process situations in different ways. If you want to try and seek some distance from your emotions, this section offers some options.

### Why can it be so difficult to feel calm right now?

When a mammal faces a threat, it has a fear response. For example, an antelope experiences fear when it sees a lion. Emotions are the body's way of signalling for us to do something, increasing the likelihood of survival. So, the antelope may flee when it experiences fear to escape the lion. Once the threat is gone however, the antelope is able to continue with its day without worry.

Humans have developed a higher level of thinking, which allows us to reflect on the past and plan for the future. While these are good skills to have, it also means that when we feel threatened, we can consider all of the things that could have happened to us, or might happen



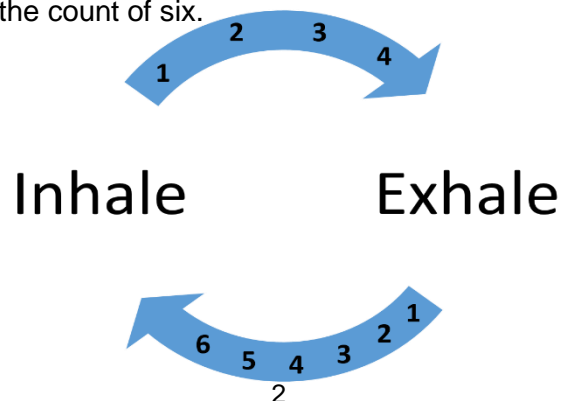
in the future. If we saw a lion, it is unlikely that we could continue the rest of our day without experiencing worry as we would be wondering whether it would return, how close we came to being hurt, etc. Experiencing these thoughts mean we continue to keep the fear response going long beyond it being useful for our survival, which is draining.

Our modern-day threats are still processed by the body as if we had seen a predator, such as a lion. That is why in times of crisis we can feel overwhelmed with emotions and find it difficult to distance ourselves from these. This means being human can often be very difficult.

### How can I lower my threat response?

#### Belly breathing/soothing rhythm breathing

One of the key ways to reduce the threat response is to signal to the body it is not experiencing the level of threat it thinks. This breathing technique slows and regulates the breathing, which helps the body recognise threat has decreased. Try breathing into the count of four, pause, and then breathe out for the count of six.



It might be necessary to adjust the numbers to suit you, but it is important that you breathe out for two counts longer than you breathe in. So, for example, if you breathe into a count of five make sure you breathe out to a count of seven.

If you find this difficult, or prefer something more visual, there are breathing gifs that you can breathe alongside. There are also YouTube videos that do something similar. These can also be helpful for children. Links to these are included in the references section.

## Mindfulness exercises

Mindfulness exercises are often confused with relaxation. While being relaxed can often be a side-effect, mindfulness focuses attention on the present moment without judging it. This can help prevent you ruminating about the past or worrying about the future. The mind can be very difficult to focus, and mindfulness will take practice.

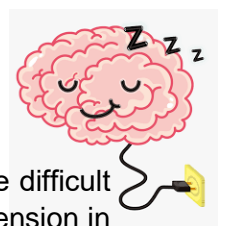


Image@bia.ca

While many exercises for mindfulness focus on breathing or feelings in the body, it can be done while doing any activity. For example; brushing your teeth, colouring, or going for a walk. Try and do the activities while focusing on the present moment. Some examples of mindful activities are included in the resource pack at the back of this booklet (Resources 1 to 2), as well as examples of apps for the phone where you can access mindfulness exercises in the references.

## Sleep and relaxation

Getting a good night's sleep can help in managing our emotions, though this can be difficult when we are anxious and stressed. Relaxation can be a good way of reducing the tension in



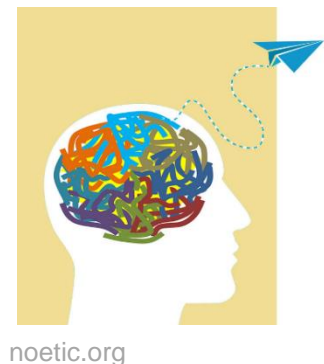
our bodies when we experience strong emotions. Different activities can be relaxing for different people, but it can be helpful to find activities that do not involve blue light and screens (e.g. television and phones) as these can impact on sleep quality. There is further discussion on sleep routines within the 'feeling re-energized' section of this booklet.

Progressive muscle relaxation (where muscles in the body are tensed and relaxed systematically) can help to physically reduce tension. An example of progressive muscle relaxation is included in the resources section at the end of this booklet (Resource 3). Additionally, there are apps that offer 'sleep stories' which can be played as you fall asleep. This helps to keep your mind focused on the story instead of other things.

## Distraction

Having other activities to keep our mind occupied can help to stop us worrying about things that we face. Often these are activities that we can also do mindfully, which will help to keep our minds in the present moment. Activities that you enjoy can also help to boost your mood. Examples of a number of activities are included within the sections 'feeling purposeful' and 'feeling re-energized'. You will also find some short-term distractions, such as sudoku and word searches in the resources section of the booklet (Resource 4). Do think about whether the activity you choose will make you feel better or worse.

For example, while drinking alcohol might feel like a good activity to distract yourself from how you are feeling, this can often have a negative impact on your emotions and increase your threat response rather than lower it.



## Seeking help

Sometimes you may feel that you need more support than the techniques in this section can offer. This is not something to be ashamed of, recognising that you need help and asking for it takes a lot of strength. It can take some time to build up to asking for help, try speaking to someone you trust first if you are finding it hard. There are many sources of additional support. Access to online and telephone counselling is provided within the Prison Service by PAM Assist, who also offer a support line. There is also the option of seeking private counselling. This will incur a cost, and if you choose this option it is important to ensure you access someone with the correct qualifications and experience for you and your needs. There are also a number of helplines run by charities such as the Samaritans and Sane. Links and contacts for all of these options are included in the references section.



@postivelypresent

### Our top 3 picks – for seeking calm



- Belly breathing
- Mindfulness exercise of your choice
- Progressive Muscle Relaxation before bed



### Notes Section:

*How do you plan to seek calm?* Use the space below to make some of your own notes:

---

---

---

---

---

---

---

---

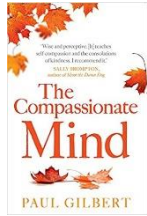
---

---

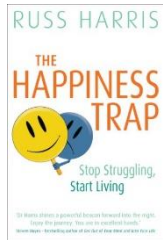
## **References for seeking calm**

### **General References;**

More information can be found in these books;



Gilbert, Paul. (2010) The Compassionate Mind



Harris, Russ. (2012) The Happiness Trap

### **Belly breathing/soothing rhythm breathing;**

Various breathing gifs are available;

<https://www.google.co.uk/search?sxsrf=ALeKk00J4zZgMNsM1nOLq7dAWsSPSu7KTA:1586361932136&q=breathing+gifs&tbm=isch&source=univ&sa=X&ved=2ahUKEwiLzszbmtnoAhVQfMAKHQ48BDQQsAR6BAqlEAE&biw=1366&bih=655>

These are also available on YouTube;

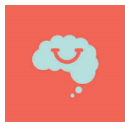
<https://www.youtube.com/watch?v=aXltOY0sLRY>

### **Mindfulness Exercises;**

The following are some useful apps;



Headspace – good for mindfulness practices. Offers free trials, but then monthly fees apply.



Smiling mind – offers a number of practices including those geared towards families and children. All content is free.



Insight Timer – offering free mindfulness and meditation practices.

## **Sleep and Relaxation;**



Calm – offers meditation and ‘sleep stories’ via phone app. There is some free content, more can be accessed for a fee.

## **Seeking Help;**

**PAM Assist** – [pamassist.co.uk](http://pamassist.co.uk) and 0800 019 8988 (24 hours a day, 365 days a week)

**Private counselling** – ensure to choose a counsellor or therapist who is registered with a professional body so that their practice is governed. The following website can be useful for choosing the right person for you;

[https://www.counselling-directory.org.uk/?gclid=Cj0KCQjwj7v0BRDOARIsAGh37igtPfJ9UTbPctZnbGp180fjl8MoonAiMEkJwXjvDXl6kbIHmREpgTUaAiMrEALw\\_wcB](https://www.counselling-directory.org.uk/?gclid=Cj0KCQjwj7v0BRDOARIsAGh37igtPfJ9UTbPctZnbGp180fjl8MoonAiMEkJwXjvDXl6kbIHmREpgTUaAiMrEALw_wcB)

<https://www.bacp.co.uk/search/Therapists>

**Samaritans** - <https://www.samaritans.org/how-we-can-help/contact-samaritan/> and 116 123 you can also contact them by email; [jo@samaritans.org](mailto:jo@samaritans.org)

**Sane** – specialise in offering emotional support. Please see the website for more details, as the services they offer regularly change due to the need for support during the COVID crisis; <http://www.sane.org.uk/home>

## Feeling re-energized

A lot of people have been discussing feeling more tired than usual whilst on lockdown. Our routines have been disrupted. Our time spent outdoors and the quality of our sleep might have reduced. Increased levels of anxiety related hormones can also impact our body and cause physical and mental fatigue. Therefore, it is an important time to try and re-energize ourselves when we can.

### What do we mean by re-energize?


Re-energize refers to an ability to energize yourself again, or inject yourself with energy.








@clip-artlibrary.com

### How can we feel re-energized?

This section includes ideas about how to feel re-energized. Other sections in the guide have included activities which can stimulate us intellectually, emotionally and socially. Therefore, this section will be focusing on physical tasks you can do to re-energize yourself.

 <p>@clip-artlibrary.com</p>	<p><b><u>Be kind to your body by moving</u></b></p> <p><b>Stretch</b> <a href="#">Stretching</a> can improve circulation which can increase blood flow to the muscles and the brain, helping you to feel more energetic.</p> <p><b>Walk</b> A single 15 minute walk can give you an energy boost.</p> <p>If you are spending a lot of time sitting then try and stand up and move every hour, even if its walking to the kitchen to make a cup of tea.</p> <p><b>Work out</b> Exercise is a quick natural energy booster because the oxygen-rich blood surges through your body to your heart, muscles and brain. Regular exercise will also make you feel less tired in the long run, so you'll have more energy. You can start with a small amount of exercise and build this up.</p> <p>You can also break up your exercise into sections if preferred e.g. 10 minutes in the morning, 10 minutes in the afternoon and 10 minutes in the evening.</p>
---	--

	<p>The NHS have a 5 week <a href="#">‘Strength and Flex’</a> programme which will help you to get up and moving, start to exercise regularly and gradually build up your fitness levels.</p> <p>The NHS also have a running programme <a href="#">‘Couch to 5k’</a> which starts with a mix of running and walking to gradually build up your fitness and stamina.</p> <p>Lots of fitness instructors are also offering <b>online classes</b>, some of which are free:</p> <p><a href="#">The Body Coach TV</a>   <a href="#">Yoga with Adrienne</a>   <a href="#">A temporary Les Mills website</a></p> <p>There are <b>apps</b> which can encourage you to exercise:  Fiit                      Nike Training Club                      7 minute workout</p> <p>You can also be <b>creative in your home</b> e.g. walking up and down your stairs, jogging on the spot, sit ups etc.</p> <p>Additionally, you could do some <b>active chores</b> like Hoovering, or gardening.</p>
 <p>@clip-artlibrary.com</p>	<p><b><u>Nutrition</u></b></p> <p>A good way to keep your energy up through the day is to <b>eat regular meals</b> and <b>healthy snacks</b> every 3-4 hours, rather than a large meal less often. The key is to balance the energy you consume via calories with the energy you use.</p> <p>There are lots of resources online which aim to support your cooking efforts during this unprecedented time.</p> <p>Jamie Oliver’s show ‘Keep Cooking and Carry On’ uses ingredients from the freezer and store cupboard in a creative way. The recipes can be found on the <a href="#">Jamie Oliver Website</a>.</p> <p><a href="#">Anna Jones’</a> vegetarian recipes use simple ingredients that can be found in your vegetable store, spice rack, dry store and freezer.</p>
 <p>@clip-artlibrary.com</p>	<p><b><u>Drinking</u></b></p> <p>You can feel tired because you are mildly dehydrated. The government recommends that you <b>drink plenty of fluids</b> to stop you getting dehydrated; 6 to 8 glasses a day.</p> <p>Water is healthy and cheap and will quench your thirst. If you do not like the taste of plain water then try sparkling water, or add a slice of lemon or lime, or a no added sugar cordial.</p> <p>It has been recommended that anyone feeling tired should <b>cut out caffeine</b>. The Royal College of Psychiatrists suggested that the best way to do this is to gradually reduce and then stop having caffeine over</p>

	<p>a three-week period. If a lack of caffeine is giving you headaches then you can cut down more slowly. If you then stay off caffeine for a month, see if you feel less tired.</p> <p>Although alcohol can help you to fall asleep, you sleep less deeply meaning that you will be tired the next day even if you got a full night's sleep. Try and <b>cut down on alcohol</b> before bedtime. You will sleep better and have more energy the next day. Try to have several alcohol-free days a week as well.</p>
 <p>@clip-artlibrary.com</p>	<p><b><u>Music</u></b></p> <p>Singing requires breath control so singing your favourite song can get additional oxygen pumping around your body, helping you to feel energized. It also releases endorphins which can boost your mood.</p> <p>Dancing is another method of exercise that can energize and motivate you. You could put on a favourite song and dance around your living room. There are also lots of online dance workout classes that you can join:</p> <p><a href="#">Zumba</a> <a href="#">Hip Hop</a> <a href="#">Bollywood</a></p>
 <p>@clip-artlibrary.com</p>	<p><b><u>Sleep</u></b></p> <p>If you do not get enough sleep then you won't feel alert during the day. There are no set rules about how much sleep you need because this can vary from person to person. Some people may need 8 hours a night, whilst others may need less.</p> <p><b><u>Tips:</u></b></p> <ul style="list-style-type: none"> <li>• Got to bed and get up in the morning at the same time every day</li> <li>• Try to avoid naps during the day</li> <li>• Create a relaxing bed time routine or ritual e.g. a warm bath, muscle relaxation, or a milky drink.</li> <li>• Avoid watching television, listening to the radio or reading in bed. This will help your brain to see your bed as a place to sleep.</li> </ul> <p>See the 'Calm' section for more sleep advice if you are feeling anxious or stressed.</p>
 <p>@clip-artlibrary.com</p>	<p><b><u>Sunlight</u></b></p> <p>A lack of sunlight means that your brain produces more of a hormone called melatonin which makes you sleepy. Open your blinds or curtains to let sunlight into your home and try to use your daily exercise time to be out in the sun. Light exposure helps you to maintain a healthy sleep-wake cycle.</p>

## Don't be hard on yourself

The mental health charity Mind reported that many people find that physical activity helps them to maintain positive mental health on its own, or in combination with other strategies and treatments. It can benefit your quality of sleep, boost your mood and give you energy. It can also help you to manage stress, anxiety or intrusive thoughts, and improve your self-esteem as you improve your fitness and meet your goals.

However, it can be difficult to start exercising, particularly if you are not feeling well mentally. It can also feel frustrating or disheartening to read about the benefits of being more active if you are struggling to exercise. It can be easy to start to feel guilty or critical of yourself if you are not exercising, and this can actually start to contribute to poorer mental health. Therefore, you may need to focus on other things for a while, and build some physical activity into your routine when you feel a bit better. You could also try other ways of feeling energized outside of exercise e.g. singing, sleep and sunlight.

### Our top 3 picks – for feeling re-energized



- Couch to 5k
- Jamie Oliver's recipe website
- Going out in the sun



### Notes Section:

*How do you plan to feel re-energized?* Use the space below to make some of your own notes:

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---

### **References for feeling re-energized**

.....

Layton, J. (2009). *Does singing make you happy?* Retrieved from <https://science.howstuffworks.com/life/inside-the-mind/emotions/singing-happy.htm>

Mind (2019). *Physical activity and your mental health*. Retrieved from <https://www.mind.org.uk/media-a/2934/physical-activity-and-your-mental-health-2019.pdf>

National Health Service (2018). *Exercise*. Retrieved from <https://www.nhs.uk/live-well/exercise/>

National Health Service (2018). *Self-help tips to fight tiredness*. Retrieved from <https://www.nhs.uk/live-well/sleep-and-tiredness/self-help-tips-to-fight-fatigue/>

National Health Service (2018). *Water, drinks and your health*. Retrieved from <https://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/>

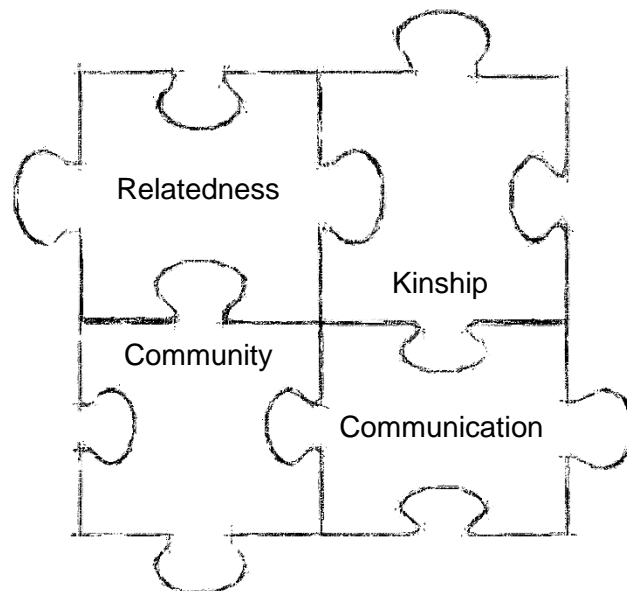
The Pennine Acute Hospitals NHS Trust (2014). *Sleep hygiene: An information guide*. Retrieved from <https://www.pat.nhs.uk/downloads/patient-information-leaflets/pain/862%20Sleep%20Hygiene.pdf>

## Feeling connected

Self-isolation and social distancing can often make you feel out of reach from those you care about. The loss of touch and just general face to face chit chat can sometimes make you feel like your social security and sense of belonging has been taken away from you. Now, more than ever, it is important to feel connected to remind you that you are not alone in all this and you have great sources of support, even if they aren't in immediate reach.

### Some foundations of connectedness

Feeling connected is not just about emotional connection but physical connection with others. In our day to day lives, we strive to achieve both aspects of connectedness, bearing in mind what this might personally mean to us – *Relatedness, Kinship, Community and Communication*.



*Relatedness* – this is about the social connections, interests and desires that you share with others.

*Kinship* – this is about family relationships or other close relationships that you share with others.

*Community* – this is about the common characteristics that you share with a group of people. A community consists of people who are alike in some way – who feel a sense of belonging or interpersonal connection.

*Communication* – this is about how you share and exchange information with others through speaking, writing or using other mediums (i.e. social media).

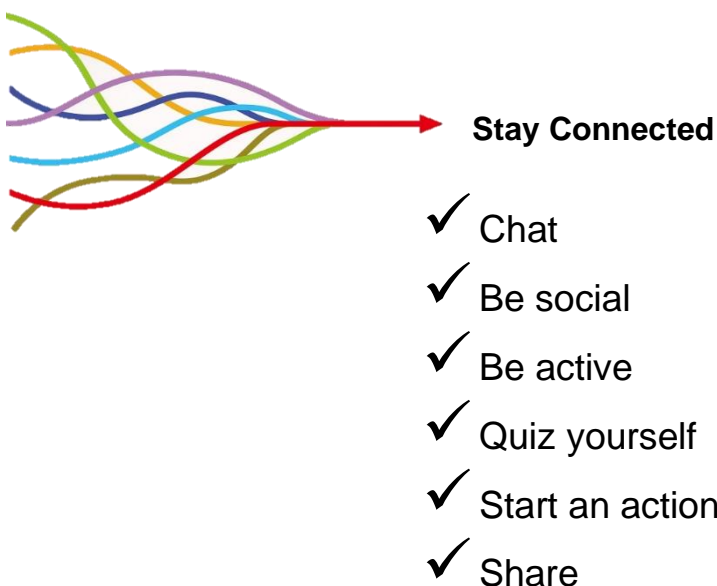
## How can you feel connected?

Below is a simple toolkit to get you started on achieving connectedness whilst social distancing. You may find that you are already making good use of some of them – But, you can add some creativity to make it all seem worthwhile, particularly if not having that social contact is getting you down.



There are many ways in which you can feel connected with and reach out to others, especially if you are stuck at home unable to experience many face to face social interactions. Social media platforms (e.g. mobile phone applications like Zoom, Houseparty, WhatsApp etc.) or the internet are the most popular ways of communicating, finding information and staying in touch with others. They are often the only medium by which we can ensure that we are truly social distancing. However, if these are not easily accessible for you, a simple wave or a saying 'hi' when you are out exercising may give you that sense of community, which should hopefully keep you connected with others.

Alternatively, keep your eyes peeled for community notice boards when you are out and about, as these often have vital information about things that might help you to feel connected in your community (e.g. join a sponsored run or another activity to raise money for charity).





### Our top 3 picks – *for feeling connected*

- Virtual come dine with me
- Quiz time with friends
- Live virtual class



### **Notes Section:**

*How do you plan to feel connected?* Use the space below to make some of your own notes:

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---

## Feeling purposeful

Lots of activities, people, places and events which usually provide meaning to our lives have been stripped away during lockdown. This can make it difficult to find a sense of purpose. However, stopping regular meaningful activities without replacing them with new ones can have a negative effect on our well-being. Therefore, it is important to identify and engage in purposeful activities when possible.

### What are purposeful activities?

Purposeful activities are goal directed uses of time, energy and attention that involve someone's active participation. They can be the reasons why you get out of bed in the morning. They will also be different for everyone.



### How can we feel engaged and achieve a sense of purpose?

Whilst it might feel difficult to identify significant goals when the future feels uncertain, this guide will explore different ways to re-establish your sense of purpose and keep you occupied.



#### Structure your day

Many of our normal routines and daily activities are changing. Therefore, it can be useful to plan your day to restore a sense of normality and purpose.

It can be helpful to create a daily routine which balances activities that give you a sense of achievement, help you to feel close and connected to others, and that give you pleasure.

Planning activities around mealtimes and bedtime can be particularly helpful to keep you on schedule, and to ensure that you are eating regularly and getting enough sleep.

If you are working from home then allocate specific time to working, schedule in breaks and disconnect from all work-related accounts (e.g. emails) at the end of your working day to create clear boundaries between your work and your home life.

➡ Can you make a timetable for your day tomorrow?



@clip-artlibrary.com

## **Get learning**

When was the last time that you learnt something new?

Learning and developing new skills can give us a sense of achievement, enjoyment and increase our confidence. Doing things that give us a sense of achievement can be good for our mental health, particularly when feeling stressed.

Learning does not need to involve expensive courses or qualifications. There are other ways to bring learning into your life, and even small learning activities can trigger feelings of achievement:

### **Watch free online tutorials**

There are thousands of online tutorials which can teach you new skills or knowledge. [Youtube](#) in particular is full of videos which can demonstrate and teach us new creative and practical skills.

Have you ever wanted to learn how to make an [origami paper crane](#), [jump start a car](#) or [knit](#)?

### **Educational apps**

Our phone can be a great source of learning, with apps focused on a range of topics.

Duolingo can teach you a new language, TED Talks provide presentations on revolutionary ideas, and Simply Piano can help you learn how to play an instrument.

### **Free online classes or courses**

You can access a range of free online courses covering various subjects.

Subjects available through [The Open University](#) range from 'money and business' to 'nature and environment'.

[Alison.com](#) offers certificate courses (average time 2-3 hours), diploma courses (average time 8-10 hours) and Learning Paths (average time 18-20 hours).



### **Television**




Watch a film based upon true story or historical period (historically accurate that is!), a documentary or a nature programme to expand your knowledge.

### **Read**

Read a chapter of a book, a magazine, a newspaper or a journal article to learn more about the world.

### **Talk**

	<p>You may be spending more time with family members or friends, or be able to speak to them over the phone. Talking to them about their lives or interests can teach you about other time periods or new topics. They may even have skills that they can teach you.</p> <p>➡ What have you always wanted to learn how to do?</p>
	<p><b><u>Get organised</u></b></p> <p>You could use this time to organise your house or your life.</p> <p>Have you been waiting for a free day or weekend to clean and organise your house? A few areas that might need attention include:</p> <ul style="list-style-type: none"> <li>• Your wardrobe</li> <li>• Your garage</li> <li>• Your kitchen cupboards</li> <li>• Your child's bedroom</li> <li>• Your office, including paperwork</li> </ul> <p>Have you been struggling to think what to make for dinner? Try planning your meals for the upcoming week.</p> <p>Does your inbox make you want to cry? Try clearing old emails and flagging priority emails.</p> <p>Have you got a pile of old photos? Create a photo album or scrap book.</p> <p>➡ What could you organise this week?</p>
	<p><b><u>Get out the house (virtually)</u></b></p> <p>Our experiences can be limited by our time, responsibilities, finances and means of travel. However, there are more and more opportunities for free virtual experiences:</p> <p><b><u>History and Art</u></b> Explore the <a href="#">National Gallery</a>, visit the <a href="#">Guggenheim</a>, or embark on a tour of the <a href="#">Louvre</a>.</p> <p>You can also view paintings and artworks online through museum or gallery websites e.g. the <a href="#">Van Gogh Museum</a>.</p> <p><b><u>Nature</u></b> Try a virtual tour of the <a href="#">Royal Parks</a> or use Google Earth to explore <a href="#">America's national parks</a>.</p> <p>Watch live streams of the residents in <a href="#">San Diego zoo</a> and be delighted by the antics of the sea creatures at <a href="#">Monterey Bay Aquarium in California</a>.</p> <p><b><u>Musical theatre:</u></b></p>

	<p>Andrew Lloyd Weber will be uploading his musicals each week on the Youtube channel '<a href="#">The Show Must Go on!</a>'. <a href="#">The National Theatre</a> are also streaming a range of plays on Youtube every Thursday for you to enjoy.</p> <p><u>Music</u> Keep an eye on your favourite artists social channels because certain musicians have been offering shows from their own homes e.g. Elbow, Coldplay's Chris Martin and Years and Years.</p> <p><u>Comedy</u> Find live streaming of comedians daily or twice daily at the <a href="#">Cosmic Shambles</a> website.</p> <p>➡ Where would you like to (virtually) visit?</p>
 <p>@clip-artlibrary.com</p>	<p><b><u>Get creative</u></b></p> <p>A creative task can help to focus your mind and has even been compared to meditation due to its calming effects on the brain and body. Find a few ideas below to get your creative juices flowing:</p> <ul style="list-style-type: none"> <li>- Drawing</li> <li>- Painting</li> <li>- Design your own boardgame</li> <li>- Make cards for friends and family</li> <li>- Write a poem</li> <li>- Photography</li> <li>- Creative writing</li> <li>- Gardening</li> <li>- Create a recipe</li> <li>- Decorate a room</li> <li>- Create a comic strip</li> </ul>
 <p>@clip-artlibrary.com</p>	<p><b><u>Screen break</u></b></p> <p>Whilst the internet can provide hours of entertainment and distraction, it may also be useful to engage in activities and hobbies that can be done away from a screen (especially away from social media).</p> <p>➡ Which activities have you thought about so far that don't involve a screen?</p>
 <p>@clip-artlibrary.com</p>	<p><b><u>Activity Menu</u></b></p> <p>An activity menu can provide you with ideas to stay occupied when you are not sure what to do next.</p> <p>You can create your own activity menu using your own ideas and some of the ideas included above. This involves creating a list or grid of activities to choose from.</p>

	Alternatively, you can find a ‘ready made’ <a href="#">activity menu</a> made by Psychology Tools (see page 7).
--	---

**Our top 3 picks – for feeling purposeful**



- Virtual experience such as exploring America's national parks
- Duolingo
- Design your own boardgame



 **Notes Section:**

*How do you plan to feel purposeful?* Use the space below to make some of your own notes:

[illegible]

### ***References for feeling purposeful***

Head to health. (2019). *Purposeful activity*. Retrieved from <https://headtohealth.gov.au/meaningful-life/purposeful-activity>

Miller-Keane Encyclopedia and Dictionary of Medicine, Nursing, and Allied Health, Seventh Edition. (2003). *Purposeful activity*. Retrieved from <https://medical-dictionary.thefreedictionary.com/purposeful+activity>

National Health Service (no date). *Mental wellbeing while staying at home*. Retrieved from <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Public Health Agency (no date). *Take 5 steps to wellbeing*. Retrieved from [https://www.publichealth.hscni.net/sites/default/files/2020-03/Coronavirus%20Take%205%20A5%204pp%2003\\_20\\_0.pdf](https://www.publichealth.hscni.net/sites/default/files/2020-03/Coronavirus%20Take%205%20A5%204pp%2003_20_0.pdf)

Smith, N., & Barrett, E. (2020). *Coping with life in isolation and confinement during the Covid-19 pandemic*. Retrieved from <https://thepsychologist.bps.org.uk/coping-life-isolation-and-confinement-during-covid-19-pandemic>

Stahl, A. (2018). *Here's how creativity actually improves your health*. Retrieved from <https://www.forbes.com/sites/ashleystahl/2018/07/25/heres-how-creativity-actually-improves-your-health/#6c0fc57113a6>

Willmott, R. (2020). *Keeping your sense of meaning during lockdown*. Retrieved from <https://thepsychologist.bps.org.uk/keeping-your-sense-meaning-during-lockdown>

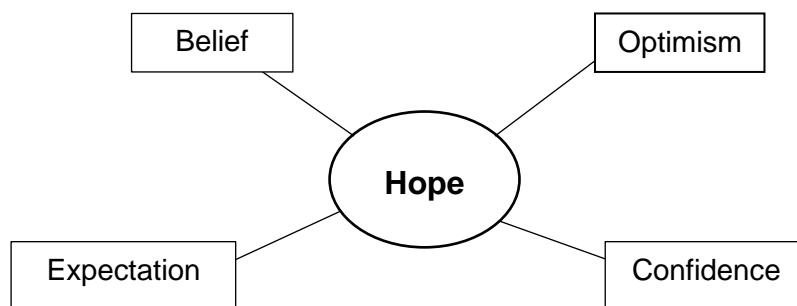
## Seeking hope and positivity

It is easy to become bogged down with negativity when worldwide, given the global pandemic, there is despair and uncertainty. Such feelings can often overshadow your sense of hope and positivity, even when you least expect it. However, you can do something about this. Even in the depths of despair and uncertainty, you can pull yourself through and achieve that sense of hope and positivity. Both these elements are key to ensuring healthy functioning.

### What is hope?

Hope can be described as a belief or expectation that something wished for can or will happen.

The word 'hope' itself has many connotations:




### What is positivity?


Everyone has the capacity to be positive. This can help you feel good about things and the future. It is not always easy to completely get rid of all that negativity or just stay positive all the time because life can be challenging, especially during these times. However, you can strive to maintain some balance in your life, and hopefully work towards optimum positivity.



## How can you achieve hope and positivity?

Below are some ways you can achieve hope and positivity, as well as life balance. They may help you get through these difficult and uncertain times. Exploring some or one of these options, even if it all seems a bit alien at first glance, means that you are taking steps to positive well-being.

	<p><b><u>Volunteer opportunities</u></b></p> <p>There are many agencies and organisations looking for volunteers during this difficult period. From first responders to delivery drivers. You can be hopeful and positive by helping to make a difference:</p> <p><a href="#">NHS volunteer responder</a> • <a href="#">Volunteer now</a> • <a href="#">Manchester community central</a> • <a href="#">Preston community network</a> • <a href="#">Fylde coast community</a> • <a href="#">Virtual Lancaster</a></p> <p>➡ <i>What volunteer opportunities are there in your area?</i></p> <p>➡ <i>Has your local neighbourhood/street/building block set up a WhatsApp or Facebook group that you can get involved with?</i></p>
	<p><b><u>Good news stories</u></b></p> <p>Social media platforms are a great way to share or find out about good news stories to keep you upbeat during these difficult times. Online magazines and websites also show you how humankind have pulled through during such distressing times, which can keep you hopeful and positive – <a href="#">Elle Magazine</a> have captured some great good news stories.</p> <p>📄 <i>What good news can you share, or have you seen happening around your area?</i></p>
	<p><b><u>Three things to be grateful for</u></b></p> <p>When times are tough, it can be helpful to remember the things we should be grateful for. Even when it seems that people are struggling, there are things we should be truly grateful and thankful for. This may help you focus your energy on the more positive things, and it may help you feel more hopeful.</p> <p>📄 <i>What are three things you are grateful for? Try using the template in the resource at the back of this booklet (Resource 5) to get you thinking about those things you are grateful for in the present moment/</i></p>
	<p><b><u>Positive statements/positive self-talk</u></b></p> <p>This is one of the skills we encourage our own clients to adopt, but we too often fail to practice it for ourselves. Positive statements that you tell yourself can help you keep a positive frame of mind and change how you feel about life and the challenges you approach.</p> <p>👉 <i>What can you start telling yourself to keep you positive? Try using the template in the resource at the back of this booklet (Resource 6)</i></p>
	<p><b><u>Your future plan</u></b></p> <p>During times of uncertainty we can often feel that we are not in control of our future. However, to regain that control, you can start to make plans about what happens to you when this is all over – from favourite days out, work plans and future holidays. These all have the capacity to make you feel positive and hopeful about your future and how you spend it.</p> <p>✍️ <i>What do your future plans look like? Who do they involve and why?</i></p>
	<p><b><u>The time to grow</u></b></p> <p>Seeing something flourish and thrive before your eyes can help you see that ordinary things can be as rewarding and satisfying than the job you do. Sow a seed and watch it grow.</p>

	<p><a href="#">Gardening express</a> • <a href="#">Dobies</a> • <a href="#">Thompson &amp; Morgan</a> • <a href="#">Wilko seeds &amp; Bulbs</a></p> <p><a href="#">Avant nurseries Leyland</a> • <a href="#">Holland House nurseries Preston</a></p> <p>🌱 <i>What do you fancy growing in your garden or in a pot? Find out if local nurseries are doing deliveries and get growing.</i></p>
	<p><b><u>The art of expression</u></b></p> <p>Sometimes, particularly when things are fast-changing, it is hard to make sense of what we're thinking or experiencing. Different kinds of art have been found to help individuals channel their feelings and emotions using a different form - whether it be painting, writing, poetry, music or something else.</p> <p>✍️ <i>Do any of the above take your fancy? Have a go at using different methods to express yourself and make a note of how it has made you feel.</i></p>

### Our top 3 picks – for hope and positivity



- Three things to be grateful for
- Good news stories
- The time to grow



### **Notes Section:**

*How do you plan to remain hopeful and positive? Use the space below to make some of your own notes:*

---

---

---

---

---

---

---

---

---

---

## Resource Index

1

---

### **Mindfulness breathing and body scan exercise**

Begin by getting comfortable. It often helps to sit down whilst practicing so that you feel secure. If it feels more comfortable, face the wall away from others in the room. It also helps to focus your mind if you close your eyes.

Start by focusing on your breathing. As you breathe in notice how your chest and belly expands. As you breathe out notice how your body softens. Focus on the breath coming in to the body.....and out of the body.....in.....and out. Breathe naturally at your normal rhythm, just focus on the air coming in and out of your body.

It is okay if your mind wanders during this, just make sure that you bring your focus back to your breathing every time it wanders off.

You may hear sounds within the room and outside of it. Try and allow these sounds to wash over you rather than reacting to them. If your mind starts to focus on them, slowly bring your thoughts back to your breathing.

Start to become aware of your body and the feeling of your body against the floor or wall. Notice where the body has contact with a different surface and where the pressure is on your body.

Again, if your mind wanders slowly bring it back to focus on the body.

Now shift your attention to the top of your head. Observe any feelings that you have there, how the head feels. There may not be anything noticeable straightaway, it doesn't matter, try just to keep observing this part of your body. Again, this should be about the feelings within the body rather than focusing on your thoughts about it. If you do notice a feeling, good or bad, try not to react to it. Just accept it is there and observe it without thinking about what caused it or how you can solve it.

This can be difficult, but each time your mind begins to focus on thoughts bring it back to focus on the feelings in your body.

Begin to slowly shift your attention from your head to down your body, all the way to your feet. Think of this as a scan of your body. Do this slowly, observing any areas of pain or tension. As before, if your mind begins to focus thoughts on these areas try to pull back and view the feeling without judgement. View it as it is, not in a positive or negative way, just as a feeling within the body.

If this becomes too difficult, go back to focusing on your breathing for a few seconds and then come back slowly to focus on your body.

Continue to scan down the body observing areas of pressure or any sensations such as where a surface is touching your body; the feeling of your hands on the floor or against your legs.

As you reach your toes begin to focus again on your breathing and the air coming in and out of your lungs. Focus on the rise and fall of your chest.

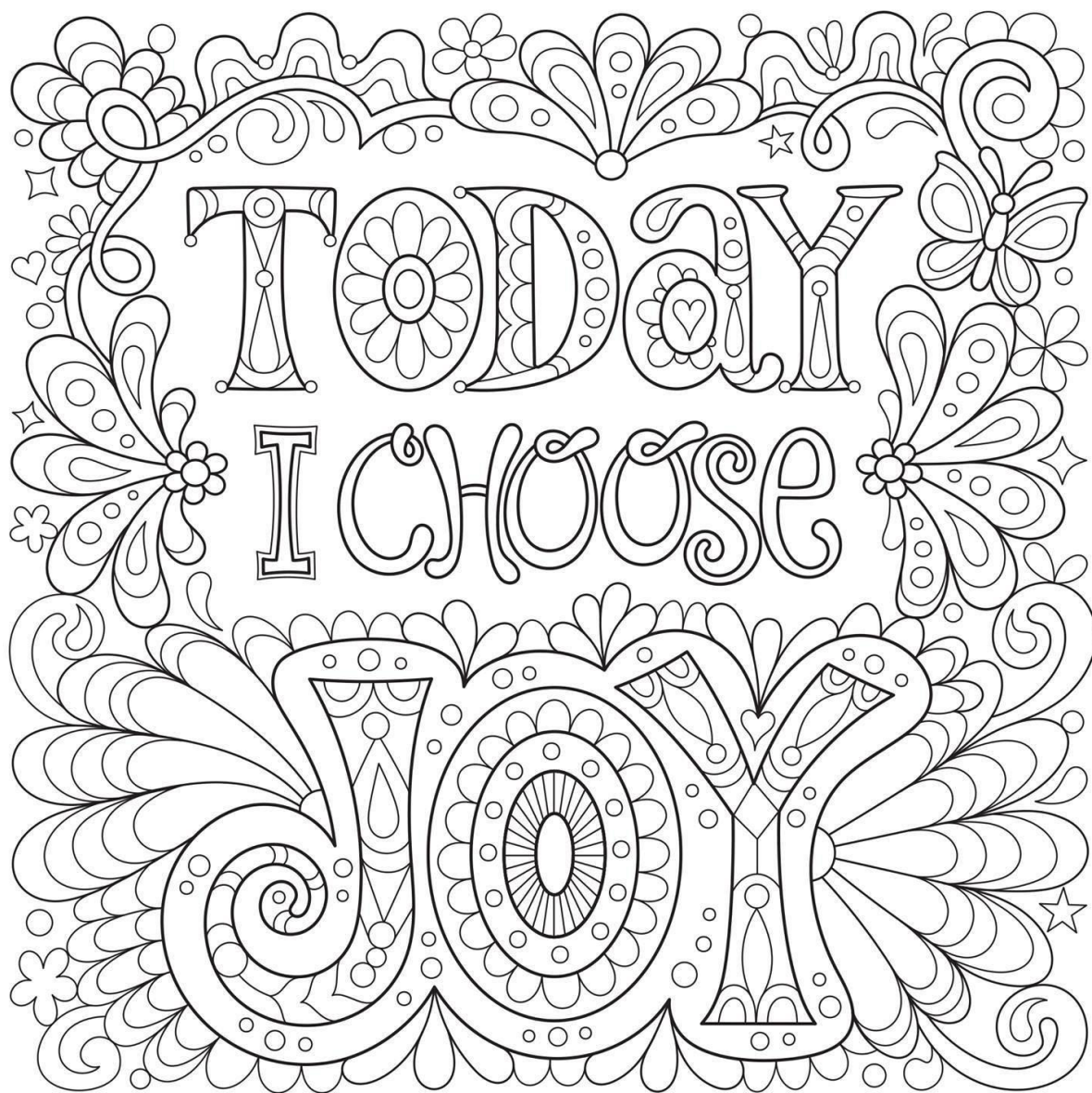
Begin to think of three things that you are thankful or grateful for today. These can be big or small. It could include receiving good news, the weather, or a person you have in your life. Really focus your mind on the things that you are grateful for today.

Doing this can be difficult when your mind wants to focus on stress or hassles that have happened. If your mind wants to keep focusing on hassles bring your mind back to your breathing for a few seconds to allow the thoughts to fade. Try again to focus on what you are thankful for today.

Now imagine the thoughts spreading calm from your chest up and down your body, filling your body with positive energy. Imagine the sense of calm expanding out of your chest to surround you and others around you.

Slowly bring your mind back to your breathing. Focus on the air going into your chest.....and out of your chest.

When you are ready open your eyes.

**Mindfulness colouring**

© Thaneeya McArdle, [www.thaneeya.com](http://www.thaneeya.com). From *More Good Vibes Coloring Book* © Design Originals, [www.D-Originals.com](http://www.D-Originals.com)



© Thaneeya McArdle, [www.thaneeya.com](http://www.thaneeya.com). From *Live a Colorful Life* © Design Originals, [www.D-Originals.com](http://www.D-Originals.com)

## Progressive Muscle Relaxation

This is a relaxation technique which involves stretching different muscles in turn and then relaxing them to release tension from the body and to relax your mind.

Find a warm, quiet place with no distractions. Get completely comfortable, either sitting or lying down. Close your eyes and begin by focusing on your breathing; breathing slowly and steadily, as described above.

Starting from your head or your feet, depending on preference, tighten all of the muscles in your chosen area for five seconds. Focus on how the muscles feel when they are tensed. Then relax the muscles, bringing your attention to the sensation this causes in your body and the release within your muscles. Spend approximately 15 seconds reviewing how the muscle group feels before repeating with the next one.

Work through the following groups;

**Forehead** - Pull your eyebrows together and feel the tension, then gradually let your forehead smooth out.

**Eyes** - Screw your eyes up tight then gradually let them smooth out, leaving your eyes closed, feeling your eyeballs sink and your eyelids droop. Let them get really heavy.

**Jaw** - Bite your back teeth together, then gradually ease off, and let your jaw get heavy. Now open your mouth wide enough to stretch the hinges of your jaw and then release the tension and feel the relaxation in your mouth and jaw.

**Neck and Shoulders** - Hunch your shoulders and hold for 5 seconds then gradually let them settle down, notice the difference between the tension and the relaxation in your neck and shoulders.

**Hands and arms** - Clench your fists, and tense your arms out straight; feel the tightness in your hands and arms, hold for 5 seconds then slowly relax them. Let as much tension go as possible.

**Tummy** - Pull in your tummy tight then gradually let it go feeling it relax.

**Thighs** - Push your heels down hard against the floor, feeling the tightness in your thighs, then gradually let that go.

**Calves** - Point your toes and feel the tension in your calves, then gradually let that tightness and tension go.

**Feet** - Curl your toes downward feel the tension in your toes and feet then gradually relax them again.

Find and circle all of the 1990's songs that are hidden in the grid.  
The remaining letters spell an additional song.

```

M S U K I Y A K I D N U O R A N U R A
R S N E V E R Y T H I N G T E L L M E
J A B U N B E L I E V A B L E M I T L
O Y I C R A Z Y T H G I N O T E V A S
N I G N U O L O R E B M E C E D T T T
E T P A N G E L Y W B E A D H E H H E
S G O R A O R E H T S A I I L R G D A
T N P E W A F O C L I S N Y D I I D N
W O P M A W D O L E A G N N R A N L Y
O L A R Y A I U O P I O G L A U O A W
P R T O T Y O T P L B P A I O W T S H
R E A F R Y T E H O I N R R D A T T E
I V C N A Y A O D O Y S A E M O O K R
N E K I I R L Y O T U P H A T M N I E
C I C C N W K L H C M T M G R S S S P
E I A N R N O I A U L R Y A A W A S M
S P L R O E N N J N A O S O E M A M U
R A B W O G E D K E I I S A U I E S J
M I S S I N G P D I D F R E D I L S E

```

ADIA  
ALRIGHT  
ANGEL  
ANYTHING  
ANYWHERE  
BIG POPPA  
BLACK CAT  
CRAZY  
CREEP  
DEAR MAMA  
DECEMBER  
DISAPPEAR

DISARM  
EVERLONG  
EVERYTHING  
FINALLY  
FOOLISH GAMES  
HERO  
I KNOW  
I SWEAR  
INFORMER  
JUMP AROUND  
JUMPER  
LAST KISS

LATELY  
LOUNGIN  
MASTERPIECE  
MISSING  
MR. JONES  
NO DIGGITY  
NO RAIN  
NOBODY KNOWS  
NOT TONIGHT  
RUN-AROUND  
RUNAWAY TRAIN  
SAVE TONIGHT

SAY IT  
SLIDE  
SUKIYAKI  
TELL ME  
TIME  
TOO CLOSE  
TWO PRINCES  
UNBELIEVABLE  
WANNABE  
WHO DAT  
WITHOUT YOU  
YOU'LL SEE

## Strange words

Y N U W C V S Y B N F U G V N O I T A E D I U I M S C A  
C V J F M K G N I K O R A M E L L A M F S R H C U R I D  
P D E T A L U B O B M O C S I D V D G L J H H O Y O E E  
D L Q P A N G L O S S I A N N Z M W A O V H U P N U S F  
A N O I L L U G E D R E B B U L S N D C N L T A N R U E  
P O O D L E F A K E R L Z Y R Y I G S C F O T F S E R N  
K U W T A T T E R D E M A L I O N E T I M E I H E K R E  
C I T U E I A M H Z P Y P C D I I Z L N M Q Q I S N U S  
R F L I I Z O X U E O E H P T T F L E A O Q E P Q A S T  
T C C Q N N J O T N D T G A I O E S E U T B R P U H U R  
C R K O F T N R A A H J V S S M I D F C W W Y Q I S S A  
R S Z X E D I G T O K R O I Y A U O R I N H T Z P M P T  
V J P R O C T N N O E L S B P T A A C N F U H P E I E E  
M W C H H F O I N N L P O T I R N X O I Y J R Z D R L S  
N Z H O Y M C J E A E R N P H T O T A H J C I A A C U Y  
L T R M O G Z Q C K B P R M A P S P E I X R S R L S N Z  
A Q E D R Z M L S O K U U S D O X E R L M F M E I X K Y  
R G O R P A A O R F T A L S I O D Q S I S E A B A S I G  
H R W X M I L Y M L C N K A I S P E U P O I L A N F N Y  
C B L E H A G U A A T R A I T L E A R I M C N N T D G F  
L O U C H M G R C R N E E Y S I L M L L D I E E I R V W  
U J S P U G O A U S T O P N O T O A T I R N L P C W D F  
P I M S L M N N N A U I M P E T O N N F N A U A T U T D  
E O D R B B C A V T Y P Z E I L A C E I L D C N P I R R  
S Y T Q E I U I P Z O B E H T R L H R C M B R K C E O E  
T R Q I B T T Y L S R I O R O E F A C A C O F O X A X N  
U R T L R S X F D L Q O A J C Q R I T H C A U J M L Z B  
X F E H E O C O E T G V B R E H M Y H E E Y I S X E B M

BORBORYGMUS  
CHATOYANT  
CHTHONIC  
CRENELLATE  
CREPUSCULAR  
CRYPTOMNESIA  
DEFENESTRATE  
DISCOMBOBULATED  
ENERVATING  
ERYTHRISMAL  
ESTIVATE  
FLOCCINAUCINIHIPIILIFICA  
FRIPPET  
FUG  
IDEATION  
ISCHIAL CALLOSITIES  
KAKISTOCRACY

MAIEUTIC  
MALLEMAROKING  
MELLIFLUOUS  
METANOIA  
MORAL TURPITUDE  
OMPHALOSKEPSIS  
OXTER  
PALIMPSEST  
PALINDROME  
PANGLOSSIAN  
PETRICHOR  
POODLE FAKER  
PROPRIOCEPTION  
PUSILLANIMOUS  
QUIDNUNC  
RODOMONTADE  
RUNCIBLE

SCRIMSHANKER  
SEPULCHRAL  
SESQUIPEDALIAN  
SINECURE  
SLUBBERDEGULLION  
SPANGHEW  
SPELUNKING  
SPHYGMOMANOMETER  
SUSURRUS  
SYZYG  
TATTERDEMATION  
TERMAGANT  
TINTINNABULATION  
TMESIS  
URT  
ZAREBA

# Sudoku

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

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

## 3 Things I am grateful for...

---

- I am grateful for \_\_\_\_\_

---

---

- I am grateful for \_\_\_\_\_

---

---

- I am grateful for \_\_\_\_\_

---

---



# Self-Talk



**Think Positive!**

## Hyperlink index

<b>Feeling Re-energized</b>	
Stretching	<a href="https://www.health.com/fitness/everyday-stretches">https://www.health.com/fitness/everyday-stretches</a>
'Strength and Flex'	<a href="https://www.nhs.uk/live-well/exercise/get-fit-with-strength-and-flex/">https://www.nhs.uk/live-well/exercise/get-fit-with-strength-and-flex/</a>
'Couch to 5k'	<a href="https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/">https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/</a>
The Body Coach TV	<a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a>
Yoga with Adrienne	<a href="https://www.youtube.com/user/yogawithadriene">https://www.youtube.com/user/yogawithadriene</a>
A temporary Les Mills website	<a href="https://watch.lesmillsdemand.com/at-home-workouts">https://watch.lesmillsdemand.com/at-home-workouts</a>
Jamie Oliver website	<a href="https://www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/?utm_source=kcco&amp;utm_medium=homepagetile&amp;utm_campaign=.com">https://www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/?utm_source=kcco&amp;utm_medium=homepagetile&amp;utm_campaign=.com</a>
Anna Jones	<a href="https://www.theguardian.com/food/2020/apr/03/anna-jones-simple-staple-recipes-for-lockdown">https://www.theguardian.com/food/2020/apr/03/anna-jones-simple-staple-recipes-for-lockdown</a>
Zumba	<a href="https://www.youtube.com/watch?v=IJcftyTP8BI">https://www.youtube.com/watch?v=IJcftyTP8BI</a>
Hip Hop	<a href="https://www.youtube.com/watch?v=ZWk19OVon2k">https://www.youtube.com/watch?v=ZWk19OVon2k</a>
Bollywood	<a href="https://www.youtube.com/watch?v=KUmkKPCf71Q">https://www.youtube.com/watch?v=KUmkKPCf71Q</a>
<b>Feeling Purposeful</b>	
Youtube	<a href="https://www.youtube.com/">https://www.youtube.com/</a>
Origami paper crane	<a href="https://www.youtube.com/watch?v=KfnyopxdJXQ">https://www.youtube.com/watch?v=KfnyopxdJXQ</a>
Jump start a car	<a href="https://www.youtube.com/watch?v=il1o2hNy2hE">https://www.youtube.com/watch?v=il1o2hNy2hE</a>
Knit	<a href="https://www.youtube.com/watch?v=p_R1UDsNOMk">https://www.youtube.com/watch?v=p_R1UDsNOMk</a>
The Open University	<a href="https://www.open.edu/openlearn/free-courses/full-catalogue">https://www.open.edu/openlearn/free-courses/full-catalogue</a>
Alison.com	<a href="https://alison.com/courses">https://alison.com/courses</a>
National Gallery	<a href="https://www.nationalgallery.org.uk/visiting/virtual-tours/google-virtual-tour">https://www.nationalgallery.org.uk/visiting/virtual-tours/google-virtual-tour</a>
Guggenheim	<a href="https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?sv_lng=-73.95911988274942&amp;sv_lat=40.78288968162515&amp;sv_h=-93.11252027376179&amp;sv_p=-4.097005994634642&amp;sv_pid=M4Eyx1goLG_jOA78z-IV-A&amp;sv_z=1.0000000000000002">https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?sv_lng=-73.95911988274942&amp;sv_lat=40.78288968162515&amp;sv_h=-93.11252027376179&amp;sv_p=-4.097005994634642&amp;sv_pid=M4Eyx1goLG_jOA78z-IV-A&amp;sv_z=1.0000000000000002</a>
Louvre	<a href="https://www.louvre.fr/en/visites-en-ligne">https://www.louvre.fr/en/visites-en-ligne</a>
Van Gogh Museum	<a href="https://www.vangoghmuseum.nl/en/vincent-van-gogh-life-and-work">https://www.vangoghmuseum.nl/en/vincent-van-gogh-life-and-work</a>
Royal Parks	<a href="https://www.royalparks.org.uk/learn/learn-in-hyde-park-and-kensington-gardens/planning-your-visit/our-facilities/virtual-tour">https://www.royalparks.org.uk/learn/learn-in-hyde-park-and-kensington-gardens/planning-your-visit/our-facilities/virtual-tour</a>
America's national parks	<a href="https://earth.google.com/web/@34.73255941,-94.2082814,115.21203673a,12000000.44944363d,35y,0h,0t,0r/data=Ci0SKxlgMzVhNjc1YmQ0NjVjMTFIOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M">https://earth.google.com/web/@34.73255941,-94.2082814,115.21203673a,12000000.44944363d,35y,0h,0t,0r/data=Ci0SKxlgMzVhNjc1YmQ0NjVjMTFIOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M</a>
San Diego Zoo	<a href="https://kids.sandiegozoo.org/videos">https://kids.sandiegozoo.org/videos</a>
Monterey Bay	<a href="https://www.montereybayaquarium.org/animals/live-cams/">https://www.montereybayaquarium.org/animals/live-cams/</a>
Aquarium in California	<a href="https://www.montereybayaquarium.org/animals/live-cams/">https://www.montereybayaquarium.org/animals/live-cams/</a>
'The Show Must Go On!'	<a href="https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag">https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag</a>
The National Theatre	<a href="https://inews.co.uk/culture/arts/national-theatre-live-streaming-home-youtube-how-watch-uk-jane-eyre-plays-2524268">https://inews.co.uk/culture/arts/national-theatre-live-streaming-home-youtube-how-watch-uk-jane-eyre-plays-2524268</a>
Cosmic Shambles	<a href="http://cosmicshambles.com/stayathome">http://cosmicshambles.com/stayathome</a>
Activity menu	<a href="https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf">https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf</a>

<b>Seeking Hope and Positivity</b>	
NHS volunteer responder	<a href="https://www.goodsamapp.org/NHsvolunteerresponders">https://www.goodsamapp.org/NHsvolunteerresponders</a>
Volunteer now	<a href="https://www.volunteernow.co.uk/volunteering-opportunities/#/volunteering">https://www.volunteernow.co.uk/volunteering-opportunities/#/volunteering</a>
Manchester community central	<a href="https://www.manchestercommunitycentral.org/covid-19-community-volunteering-0">https://www.manchestercommunitycentral.org/covid-19-community-volunteering-0</a>
Preston community network	<a href="https://www.blogpreston.co.uk/category/arts-in-preston/">https://www.blogpreston.co.uk/category/arts-in-preston/</a>
Fylde coast community	<a href="https://www.visitfyldecoast.info/community/">https://www.visitfyldecoast.info/community/</a>
Virtual Lancaster	<a href="https://virtual-lancaster.net/">https://virtual-lancaster.net/</a>
Elle Magazine	<a href="https://www.elle.com/uk/life-and-culture/g31658888/coronavirus-covid-19-good-news/">https://www.elle.com/uk/life-and-culture/g31658888/coronavirus-covid-19-good-news/</a>
Garden express	<a href="https://www.gardeningexpress.co.uk/catalogsearch/result?q=seeds">https://www.gardeningexpress.co.uk/catalogsearch/result?q=seeds</a>
Dobies	<a href="https://www.dobies.co.uk/?wgu=159_54264_15861804349782_ab4b123a96&amp;wgexpiry=1593956434&amp;utm_source=Webgains&amp;utm_medium=affiliate&amp;utm_campaign=GAresults">https://www.dobies.co.uk/?wgu=159_54264_15861804349782_ab4b123a96&amp;wgexpiry=1593956434&amp;utm_source=Webgains&amp;utm_medium=affiliate&amp;utm_campaign=GAresults</a>
Thompson & Morgan	<a href="https://www.thompson-morgan.com/?source=aw&amp;affid=78888&amp;awc=2283_1586180374_f8938235e1868245a35baca3b9844c6c">https://www.thompson-morgan.com/?source=aw&amp;affid=78888&amp;awc=2283_1586180374_f8938235e1868245a35baca3b9844c6c</a>
Wilko seeds & Bulbs	<a href="https://www.wilko.com/en-uk/garden-outdoor-living/planting-growing/seeds-bulbs/c/73">https://www.wilko.com/en-uk/garden-outdoor-living/planting-growing/seeds-bulbs/c/73</a>
Avant nurseries Leyland	<a href="https://avantgardencentre.co.uk/">https://avantgardencentre.co.uk/</a>
Holland House nurseries Preston	<a href="https://www.hollandhousenursery.co.uk/">https://www.hollandhousenursery.co.uk/</a>