

# Wellbeing

Level – All

Type of Pack: Distraction



Name:



**Prison  
Education**

 HM Prison &  
Probation Service

## INTRODUCTION

Hello...

We hope you find this **Distraction Pack** easy to follow and interesting whilst in Lockdown.

During this outbreak of COVID-19, it is understandable that you may be feeling stressed or anxious. We hope that this information will help you find ways to cope.

## CONTENTS

- Handwashing and anxiety
- Focus on your breathing
- Learn to play Solitaire

## Hand Washing and anxiety

There are a range of different reasons in terms of your mental health which can cause difficult behaviours or feelings when it comes to washing your hands and with general hygiene. Mind.org.uk recommends the following:

- Don't keep re-reading the same advice if this is unhelpful to you
- Let other people know that you are struggling - (let an officer know, or a friend if you can)
- Try breathing exercises – these can help you feel more in control. ( I shall include these on later slides)
- Set limits, like washing your hands for the recommended 20 seconds
- Plan something to do after washing your hands which could distract you and change your focus
- Try to plan how you will spend your time. It may help to write this down on paper and put it on your wall.
- Try to follow your ordinary routine as much as possible. Get up at the same time and go to bed at the same time.
- Try and keep active - clean your cell, dance to music, do seated exercises (included on later slides)
- Try to find ways to relax: a good way to do this is through arts and crafts, colouring, mindfulness, writing and meditation.

Focus on your breathing...

## Step 1

Breathe in through your nose and out through your mouth.

## Step 2

Try to keep your shoulders down and relaxed, and place your hand on your stomach. It should rise as you breathe in and fall as you breathe out.

## Step 3

Count as you breathe. Start by counting 'one, two, three, four' as you breathe in and 'one, two, three, four' as you breathe out.

**Relax your body....**

**When you are stressed, your muscles can become tight and tense.**

**This exercise helps you notice tension in your body and relax your muscles.**

## Step 1

**Lie down or sit with your back straight and your feet on the floor. Close your eyes or focus on a spot in the distance.**

## Step 2

**Start by clenching your toes as much as you can for a few seconds then releasing them. Notice the difference between the two feelings.**

## Step 3

**Match this to your breathing. Tense your muscle as you take a deep breath in, and relax as you breathe out.**

## Step 4

**Move up your body to your thighs, your stomach and all the way to your shoulders and hands, clenching and relaxing each muscle in turn.**

## Step 5

**take time to notice any parts of your body that feel tense, tight or tired. You can repeat if you still feel tense.**

## Step 6

**Take a moment to relax, then slowly and gently begin to move. When you feel ready, you can stand up slowly.**

Draw calming circles...

## Step 1

**Make sure you are sitting comfortable with your feet firmly on the floor, your back straight and your shoulders relaxed.**

## Step 2

**Take your paper and pen and draw a circle that fills most of the page – don't worry if it isn't perfect.**

## Step 3

**Now keep drawing. You can keep going over the circle, or fill it with a pattern, but try not to let your pen leave the page.**

## Step 4

**Don't worry about creating a finished picture, just keep going.**

## Step 5

**Focus on what you are drawing. Focusing on these sensations can help you quieten your mind.**

## Step 6

**Once you have done this for a few minutes, try using a different colour or pattern.**

## Learn to play Solitaire

Solitaire is a great way to enjoy your time alone. It is considered to be a very relaxing game that can help keep the mind working which can aid with anxiety and depression.

We have included a pack of cards in this pack that you can tear out.

# *How to Play Solitaire*

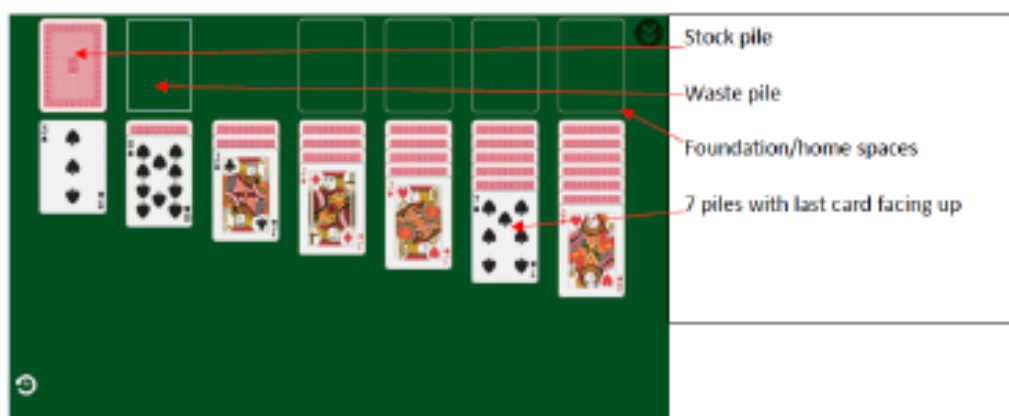
Many Solitaire games can be played on areas smaller than a card table. This game can be played on your bed or in cell desk. If you really struggle for space, you could even use your floor space.

## THE PACK

Virtually all Solitaire games are played with one or two standard 52-card packs. This standard game will use just one pack due to restrictions that you will face at this present time. Packs of cards should be available on canteen sheets or you could even borrow a pack from someone.

## OBJECT OF THE GAME

The first objective is to release and play into position certain cards to build up each foundation (home spaces), in sequence and in suit, from the ace through the king. The ultimate objective is to build the whole pack onto the foundations, and if that can be done, the Solitaire game is won.



## RANK OF CARDS

The rank of cards in Solitaire games is: K (high), Q, J, 10, 9, 8, 7, 6, 5, 4, 3, 2, A (low).



## THE DEAL

There are four different types of piles in Solitaire:

1. The Tableau: Seven piles that make up the main table.
2. The Foundations: Four piles on which a whole suit or sequence must be built up. In most Solitaire games, the four aces are the bottom card or base of the foundations. The foundation piles are hearts, diamonds, spades, and clubs.
3. The Stock (or "Hand") Pile: If the entire pack is not laid out in a tableau at the beginning of a game, the remaining cards form the stock pile from which additional cards are brought into play according to the rules.
4. The Talon (or "Waste") Pile: Cards from the stock pile that have no place in the tableau or on foundations are laid face up in the waste pile.

To form the tableau, seven piles need to be created. Starting from left to right, place the first card face up to make the first pile, deal one card face down for the next six piles. Starting again from left to right, place one card face-up on the second pile and deal one card face down on piles three through seven. Starting again from left to right, place one card face-up on the third pile and deal one card face down on piles four through seven. Continue this pattern until pile seven has one card facing up on top of a pile of six cards facing down.

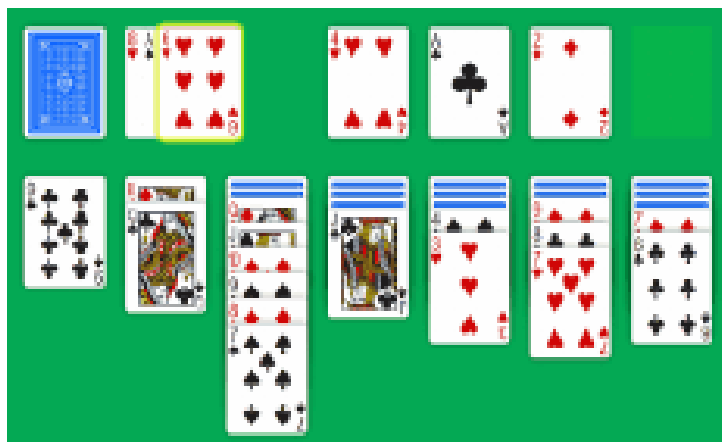
The remaining cards form the stock (or "hand") pile and are placed above the tableau.

When starting out, the foundations and waste pile do not have any cards.



## THE PLAY

The initial array may be changed by "building" - transferring cards among the face-up cards in the tableau. Certain cards of the tableau can be played at once, while others may not be played until certain blocking cards are removed. For example, of the seven cards facing up in the tableau, if one is a nine and another is a ten, you may transfer the nine to on top of the ten to begin building that pile in sequence. Since you have moved the nine from one of the seven piles, you have now unblocked a face down card; this card can be turned over and now is in play.

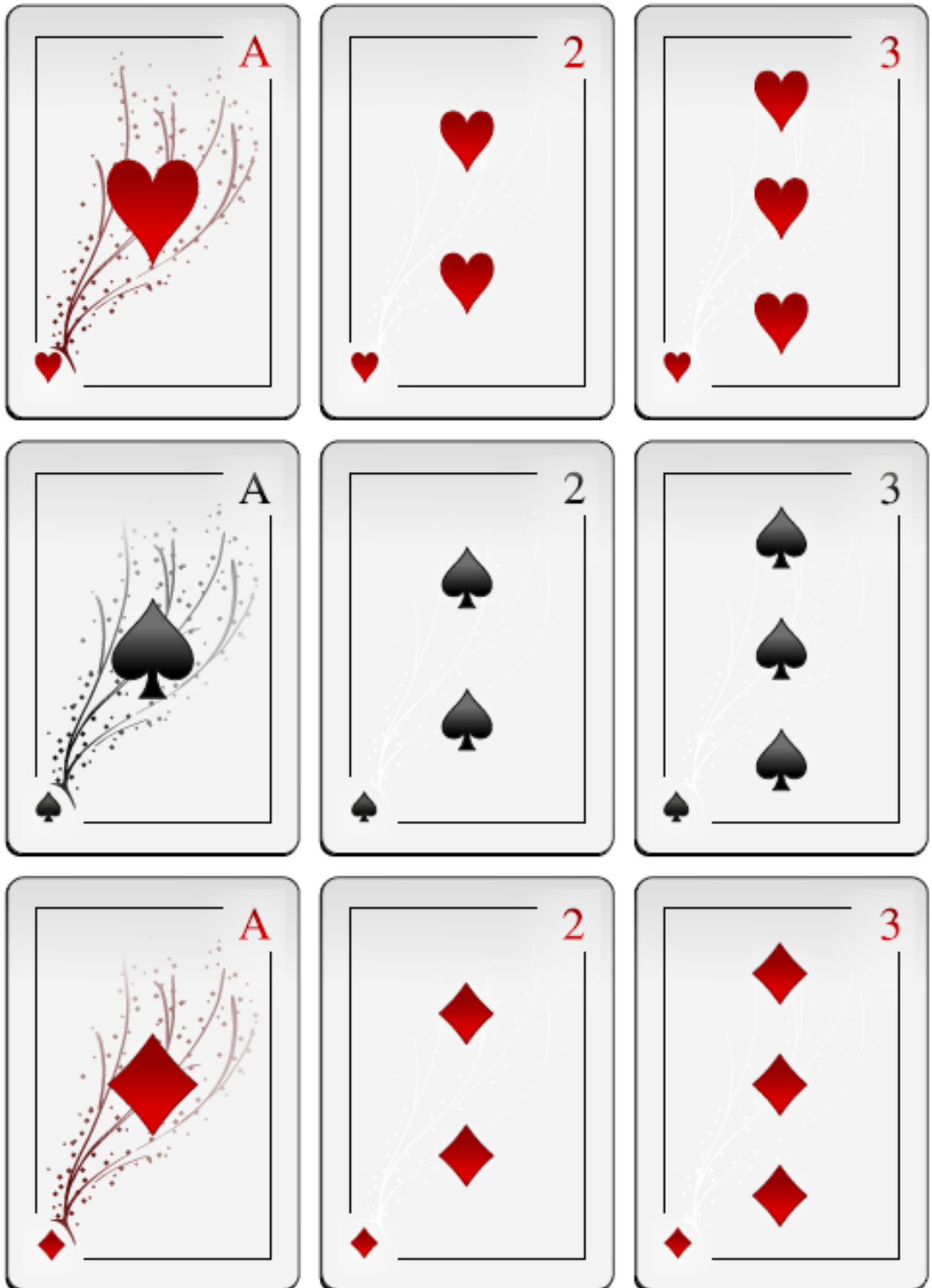


As you transfer cards in the tableau and begin building sequences, if you uncover an ace, the ace should be placed in one of the foundation piles. The foundations get built by suit and in sequence from ace to king.

Continue to transfer cards on top of each other in the tableau in sequence. If you can't move any more face up cards, you can utilise the stock pile by flipping over the first card. This card can be played in the foundations or tableau. If you cannot play the card in the tableau or the foundations piles, move the card to the waste pile and turn over another card in the stock pile.

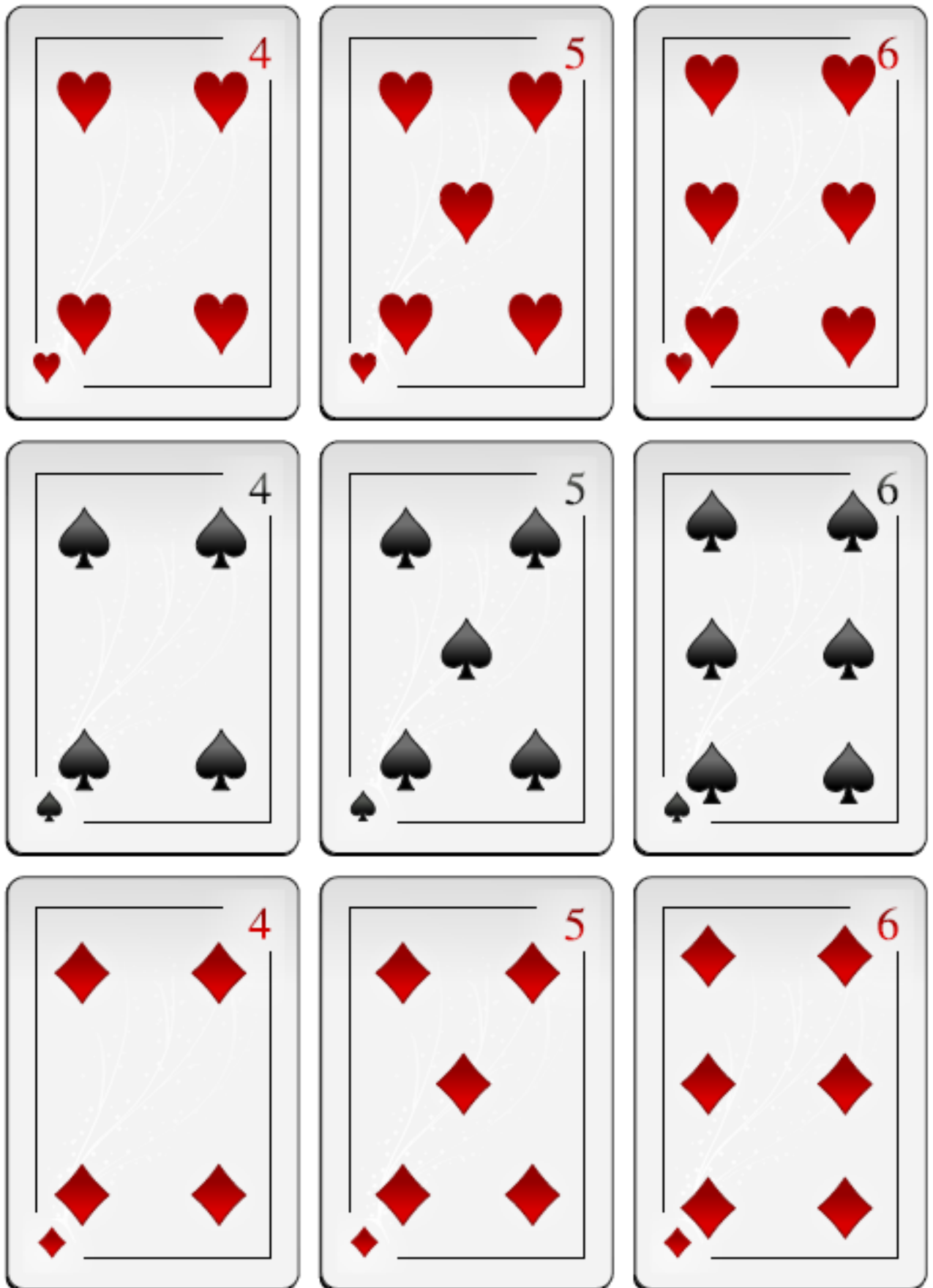
If a vacancy in the tableau is created by the removal of cards elsewhere it is called a "space", and it is of major importance in manipulating the tableau. If a space is created, it can only be filled in with a king. Filling a space with a king could potentially unblock one of the face-down cards in another pile in the tableau.

Continue to transfer cards in the tableau and bring cards into play from the stock pile until all the cards are built in suit sequences in the foundation piles to win!



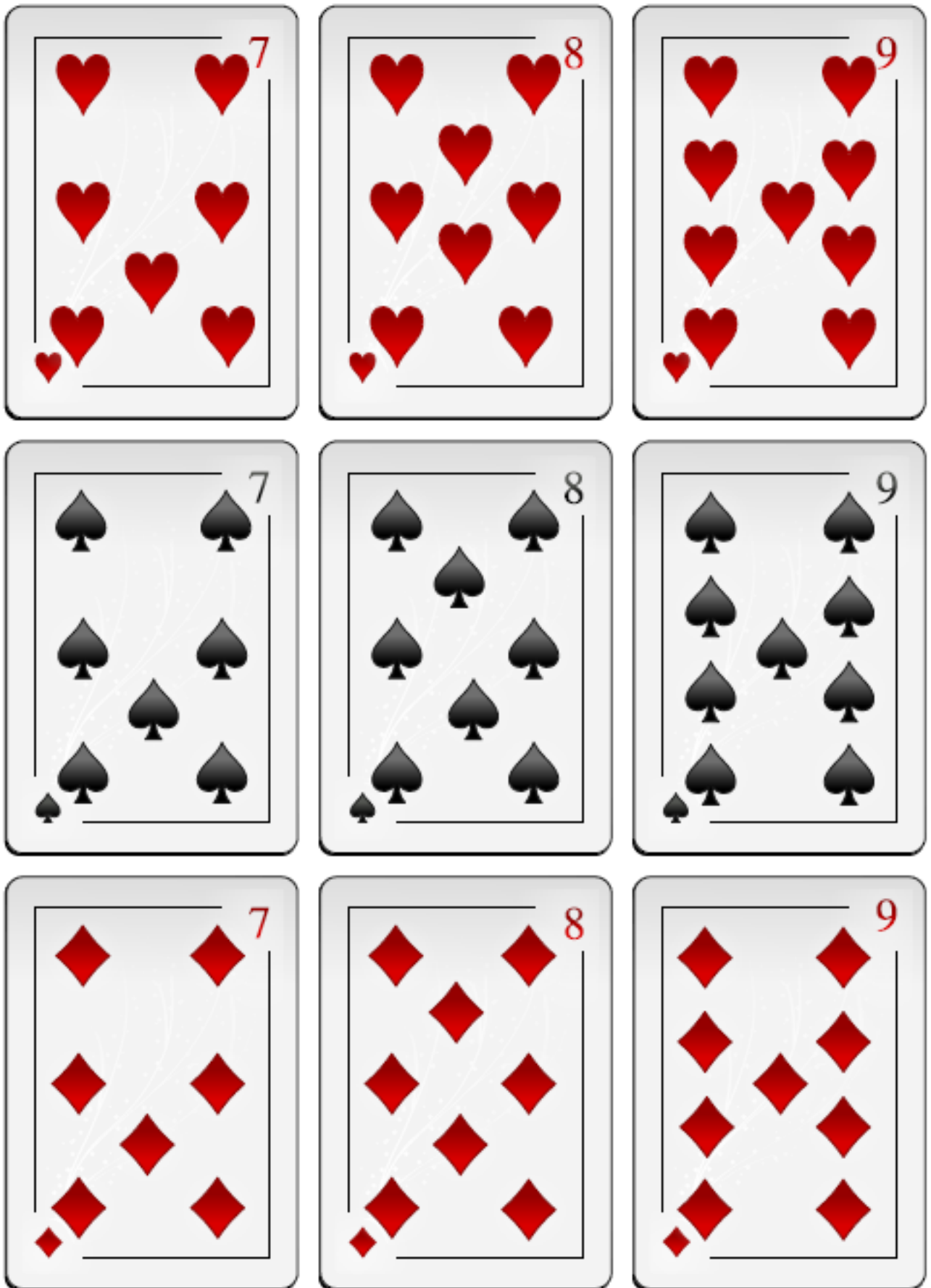
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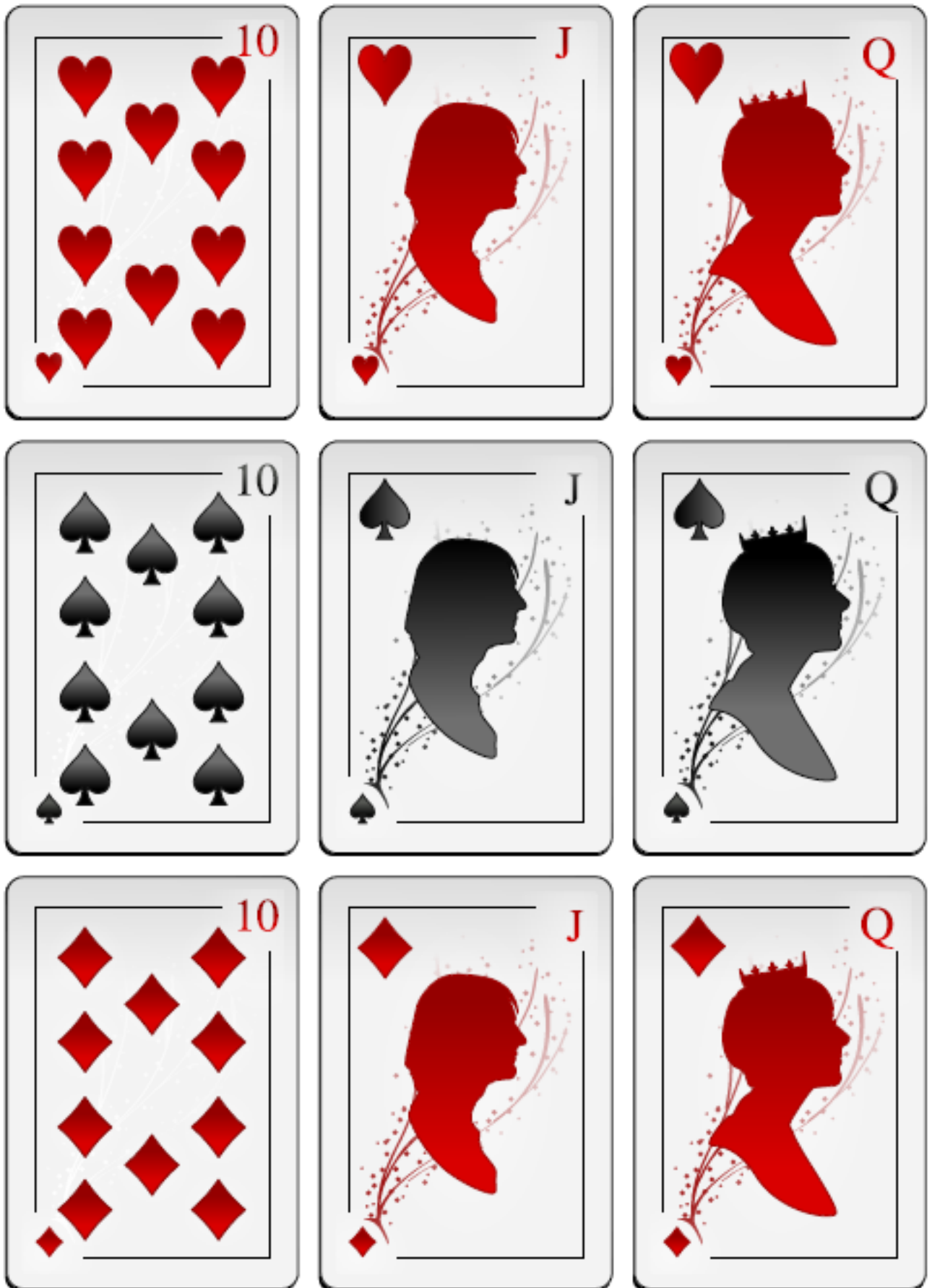




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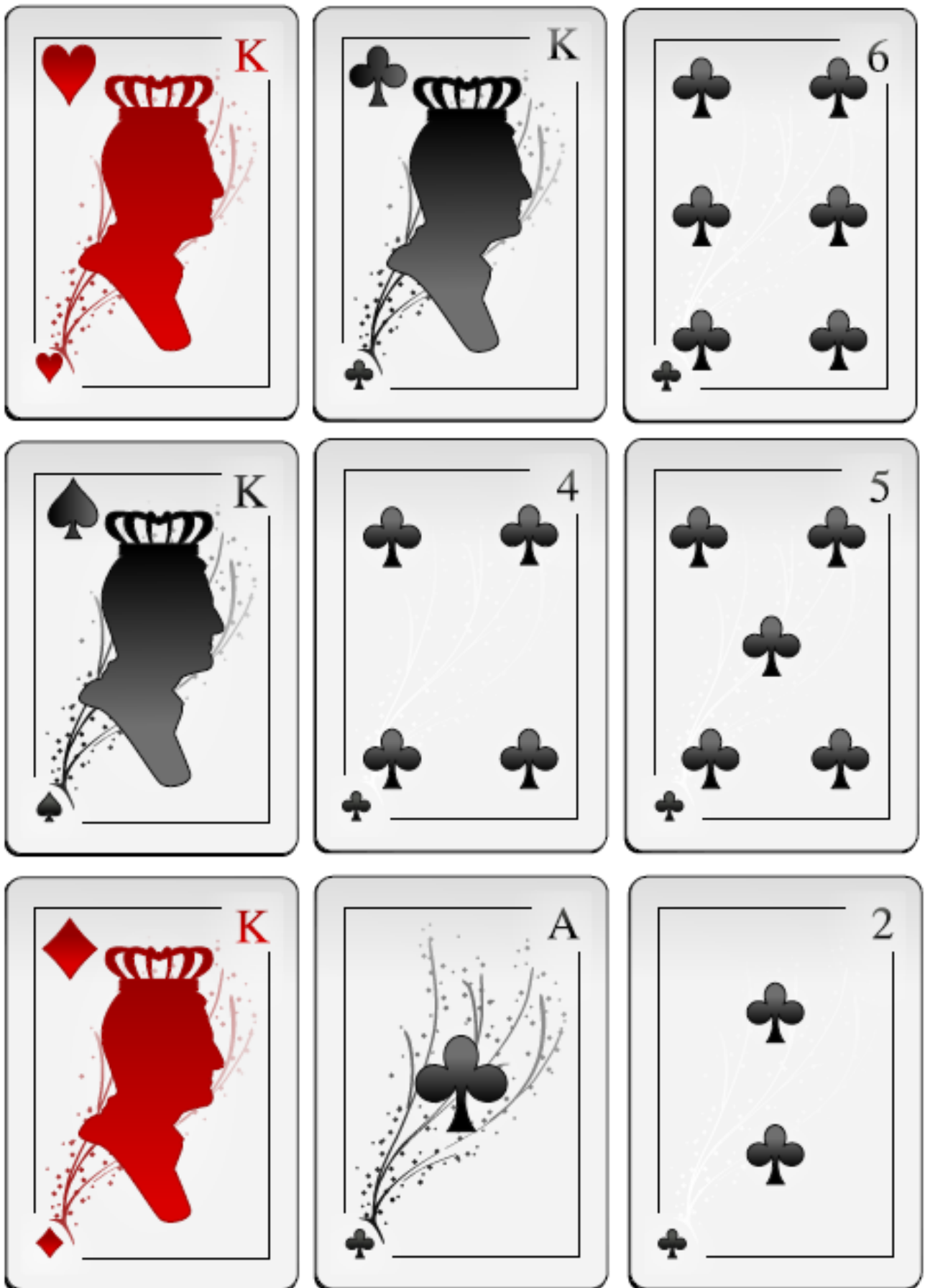






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