



HM Prison &
Probation Service

The Wellbeing Wall

*A-Z Building blocks to engage, entertain & maintain
wellness*



Click on a letter

A – Accomplishment

B – Baking

C – Cooking

D – Drama & Theatre

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O – One thing I miss doing

P – Positive Emotion

Q – Quiet time

R – Relationships

S – Senses

T – Take notice

U – Understanding

V – Volunteer

W – Walking

X – eXercise

Y – Yoga

Z – Zzzzzz(Sleep)

Accomplishment

- Recognise your accomplishments – no matter how simple they may be!
- Why not make a note of one thing you have accomplished each day!



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Baking

Browse some of your favourites:

[The Great British Bake Off Recipes](#)

Bake with Shivesh:

[Basic Chocolate Cake with Eggless Version](#)

[Red Velvet Mug Cake](#)

[Whole Wheat Carrot Cake](#)



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Cooking

- [Jamie Oliver](#) - helps the nation with easy recipes, cooking tips, and ingenious hacks whilst many of us are staying at home. Jamie: [Keep Cooking and Carry On starts Monday at 5:30pm on Channel 4](#)
- <https://www.bbcgoodfood.com/recipes/category/cooking>
- <http://www.slimmingeats.com/blog/slimming-world-recipes>



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Drama & Theatre

- [Drama Online](#) - Online theatrical performances
- [10 best Broadway shows](#) to watch online free
- [Wind in The Willows](#) - How to stream the West End performance free



"It was only in the theatre that I lived" Oscar Wilde



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Explore

Take a look around the world from your very own living room with a virtual tour!

- Explore a range of Ted Talk Topics [here](#)
- [Edinburgh Zoo](#) - Live streams: [Panda Cam](#) / [Tiger Cam](#) / [Penguin Cam](#) / [Rock Hopper Penguin Cam](#) / [Koala Cam](#)
- [Access to 500 Museums & Art Galleries](#)
- [National Geographic](#)
- [Exploration of the day](#) - Artistic website connecting people from around the world
- [Roman fort](#)



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Financial Wellbeing

Financial wellbeing is about being financially capable, having financial security and financial freedom of choice, in the present and in the future, and how this impacts your overall wellbeing.

- If staff are in financial crisis, they need to contact their local authority in the first instance as emergency plans have now been activated across the UK. People can find the details for their local council by visiting the [gov.uk website](https://www.gov.uk).
- The Government also announced a [package of financial support](#) that may help staff whose partners are self-employed or run their own business.
- For support in the mid to long term, staff should first look at the Financial Wellbeing Strategy for the Civil Service and associated toolkit.

The following organisations offer financial advice and resources

- [Citizen Advice](#)
- EAPs: (DN: Departments to enter links to own EAPS)
- [Charity of Civil Servants](#)
- [Money Advice Services](#): (people can get free independent advice using either live chat, WhatsApp or ring)
- [National Debt Line](#)
- [Step Change](#)
- [Money Saving Expert](#)



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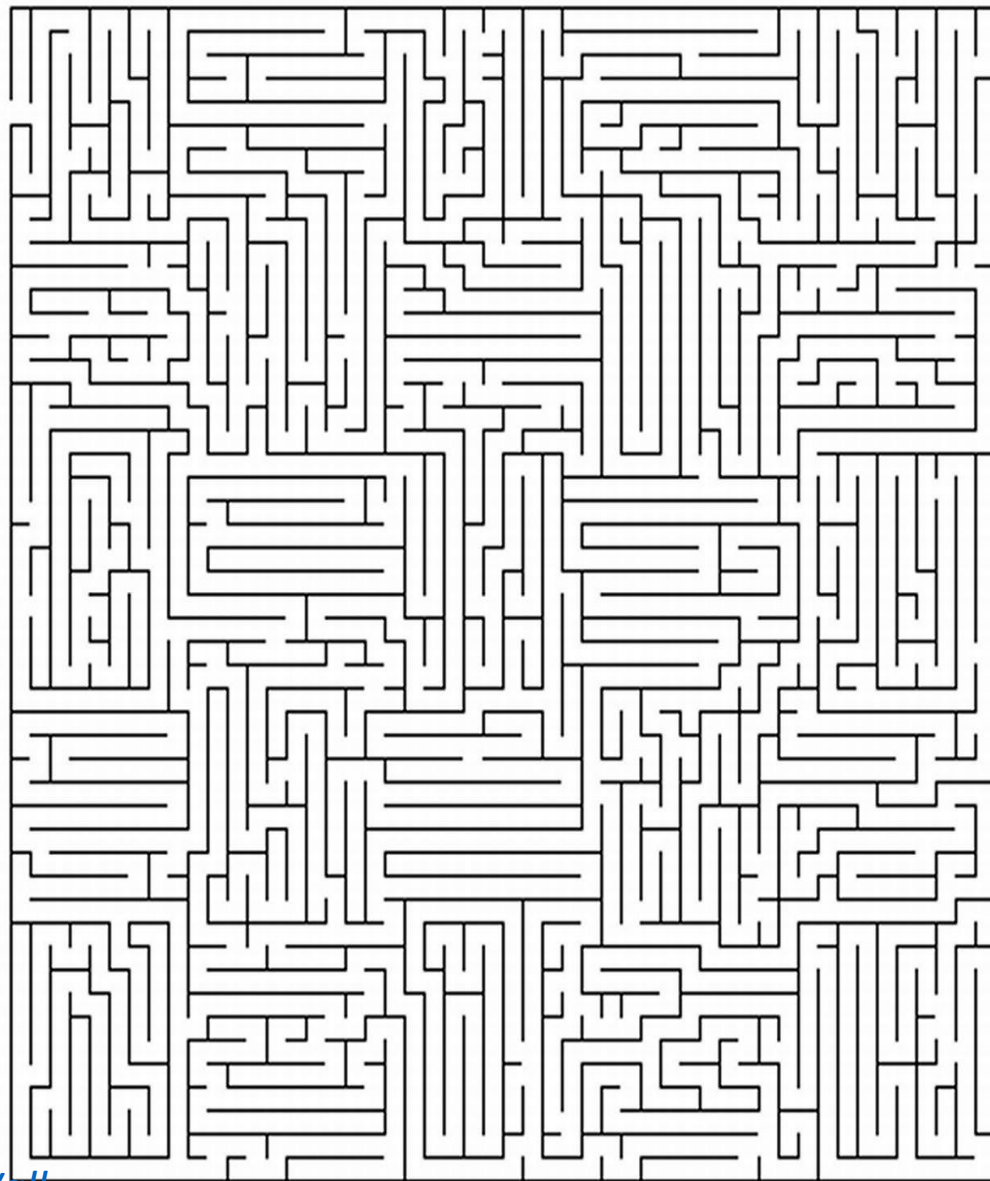


Games

- [Board Game arena](#) - Play board games online free
- [Roll20](#) - Build your own game - or play games with others online
- [Multilingual cross words](#)
- [BBC Brain smart games](#)



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Mindfulness

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

accepting
compassion
lifestyle
personal
senses

attitude
feelings
love
present
value

awareness
focused
mindfulness
reflection
wellbeing

barriers
kind
nonjudgmental
selfcare

Happiness 😊



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

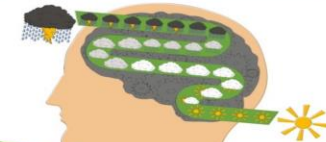
26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS



www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

30 actions to look after ourselves and each other as we face this global crisis together



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Click [here](#) for monthly calendars

Interests & Hobbies

Rediscover a forgotten hobby or pick up a new one!

Dust off that musical instrument, pick up those forgotten books and brush up on your artistic skills!

Click [here](#) to check out if anything interests you at The Open University

Why not share some ideas with your colleagues and connect through a shared interest!



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Join us...

- **Tea at 3** [Join Skype Meeting](#) - From **Tuesday 31st March**, every Tuesday at **3pm** we are hosting a virtual 'Tea at 3' which is all about connecting with colleagues.
- **Wednesday Wellbeing Meditation** [Join Skype Meeting](#) - Starting **Wednesday 1st April**, every Wednesday at **12pm** there will be a '30 Minute Guided Skype Meditation'. This is an opportunity to switch off, be in the moment and promote relaxation..
- **Skype Staff Support Drop In** [Join Skype Meeting](#)- Starting **Friday 3rd April**, between **10am-2pm** every Friday. This is an opportunity to have a chat to a trained member of the staff support team about how you are feeling and/or what support is available to you. The team are also available for one to one sessions throughout the week too. [Call or email.](#)
- [MOJ Mindfulness](#) – **weekly 30 minute dial in sessions.** This link page will be updated as new sessions are added.



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Kindness

- **Send an encouraging email** - A sweet and simple way to boost someone's spirits is by sending good vibes to someone's inbox!
- **Lend your ear** – Skype or call a colleague and ask how they're finding the change in routine.
- If it's a topic you genuinely enjoy or are passionate about, share your knowledge: **start discussions and answer questions for others.**
- **Clean your room** - A great way to show yourself kindness is by cleaning your personal space!
- **Offer support** to vulnerable neighbours.
- **Laugh** - Start telling jokes, watching cat videos on YouTube, or whatever makes you laugh!



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Learn

If you have any free time in between work and schooling the kids or are self-isolating and in desperate need of some activities, why not try and learn something new? This can be taking up a new hobby, learning a new language or skill. Some ideas include:

- Learn 10 useful things to say in...
 - [French](#)
 - [Portuguese](#)
 - [German](#)
 - [Italian](#)
 - [Spanish](#)
- [BBC languages](#) - Learn languages online free
- [Dance Physique](#) - free dance fitness videos online
- [DIY and crafts](#) - 25 foods you can re-grow at home from food
- [Sign Language](#) – British Sign Language
- [Creative courses](#) - Free online study



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Music



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- [Concerts online](#) - Various concerts held without audiences to stream online for people having to stay at home - [list of live streaming concerts](#)
- [Free Opera](#) - Dates confirmed until the end of March. Check the website via the link for future dates to be added
- [Free classical orchestras](#) - Live streaming performances
- [Free Chamber music](#) - Live streaming
- [Berlin Philharmonic orchestra](#) - Live streams and performance archive
- [Announcements/lists](#) - of worldwide performances being streamed
- [Livestream concerts list](#) - artists and bands
- [Bands and artists](#) - streaming performances
- [Full-length concerts](#) - watch online free
- [Celebrities performing](#) on social media
- [Facebook Virtual Choir](#) - Duet with a choir online
- [Chris Martin \(Coldplay\)](#) streaming from his home - YouTube



Nutrition and Diet

- **Keep Hydrated** – On average you should be drinking between 1.5 – 2 litres of fluid every day to avoid dehydration. This will keep you healthy, help prevent fatigue, headaches and loss of concentration.
- **8 Tips for Healthy Eating** – click [here](#)
- **The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.** For more info click [here](#).
- **Fruit and vegetables** are a good source of [vitamins and minerals](#) and fibre, and should make up just over a third of the food you eat each day.



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One thing I miss doing...

- Each day/week make a note of someone or something you miss – something you usually do that is usually taken for granted. It can be absolutely anything – going out for a meal, visiting your parents, seeing a friend for a coffee or the children enjoying a play date.
- Pop these notes into a jar.
- When all this is over, open the jar and take some time to enjoy doing each of these things.
- This is a perfect activity for adults and children to take part in.



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Positive Emotions



It's so easy to let negative emotions and thoughts take over your mental health. You are stronger than that persistent (sometimes very annoying!) voice in your head! Sometimes all you need is some positive reinforcement to remind yourself everything is going to be ok;

- **THIS IS TEMPORARY:** What you are going through right now is not permanent and you will get through. Situations in life are forever changing.
- **MY LIFE WILL BE SO MUCH DIFFERENT THIS TIME NEXT YEAR:** Don't focus on what is going wrong now, visualise your goals, future plans and what you can work towards to make you happy.
- **SAVOUR THE SMALL MOMENTS:** Even during lockdown you still have many small moments to savour. The smell of coffee, the feel of the warm shower on your back and so on. When you stop to take in these moments, rather than let them rush by on automatic pilot, you are giving your brain a chance to process the pleasure, which boosts your serotonin – the feel good neurotransmitter that helps elevate your mood and make you feel calm.
- **APPRECIATE YOUR LOVED ONES:** for those of us in family lockdown, now is the opportunity to spend quality time with our loved ones.
- **FOCUS ON THE GOOD IN OTHERS:** These types of crises can bring out both the worst and the best in human nature. People are posting positive messages on social media, friends are reaching out to one another and communities are pulling together to help the most vulnerable.
- [9 ways to stay positive during this period](#)
- [Talk about your worries](#)



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Quiet Time

Take some quiet time and relax. You may want to have a brew and read, enjoy some peace and quiet in the garden or practice some mindfulness. Here are some ideas;

- [Mindfulness and meditation](#)
- [Mindfulness - Headspace App](#)
- [Read great literature online](#)
- [50,000 free ebooks](#)
- [Tai-Chi](#)

Relaxation technique: Whole body tension and release

- Tense everything in your whole body, as hard as you can.
- Hold it as long as you can without feeling pain
- Slowly release the tension and very gradually feel it leave your body
- Repeat 3 times



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Relationships



- It is tough to be away from our friends and family, especially when there is a lot to worry about. Maintaining healthy relationships with people you trust is important for your mental wellbeing.
- Modern technology makes it easier to continue doing some of the things you like, albeit virtually.
- Video calls and group messenger chats offer a great way to stay in touch with colleagues, friends and family. (e.g. whatsapp)
- Social network sites offer various community based chat groups and networks to help build and maintain relationships with those in your community. (e.g. facebook)
- Live and interactive book groups, exercise classes and other groups are also available on line.
- Some people are taking the idea even further, enjoying a virtual meal together online and calling it - 'digi-dining'!
- It is important to keep connected!
- [Access the Social Connections video from Every Mind Matters](#)



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Senses



If you start to feel overwhelmed, stop and take a step back from the situation. Observe what is going on inside and outside you:

Sense Countdown

Think of 5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste



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Take Notice



- If you develop any symptoms of the Coronavirus, stay at home and follow the isolation instructions.
- If you (and those in your household) do not develop any symptoms, only go outside for food, health reasons or work (but only if you cannot work from home)
- Maintain safe social distancing - Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home.

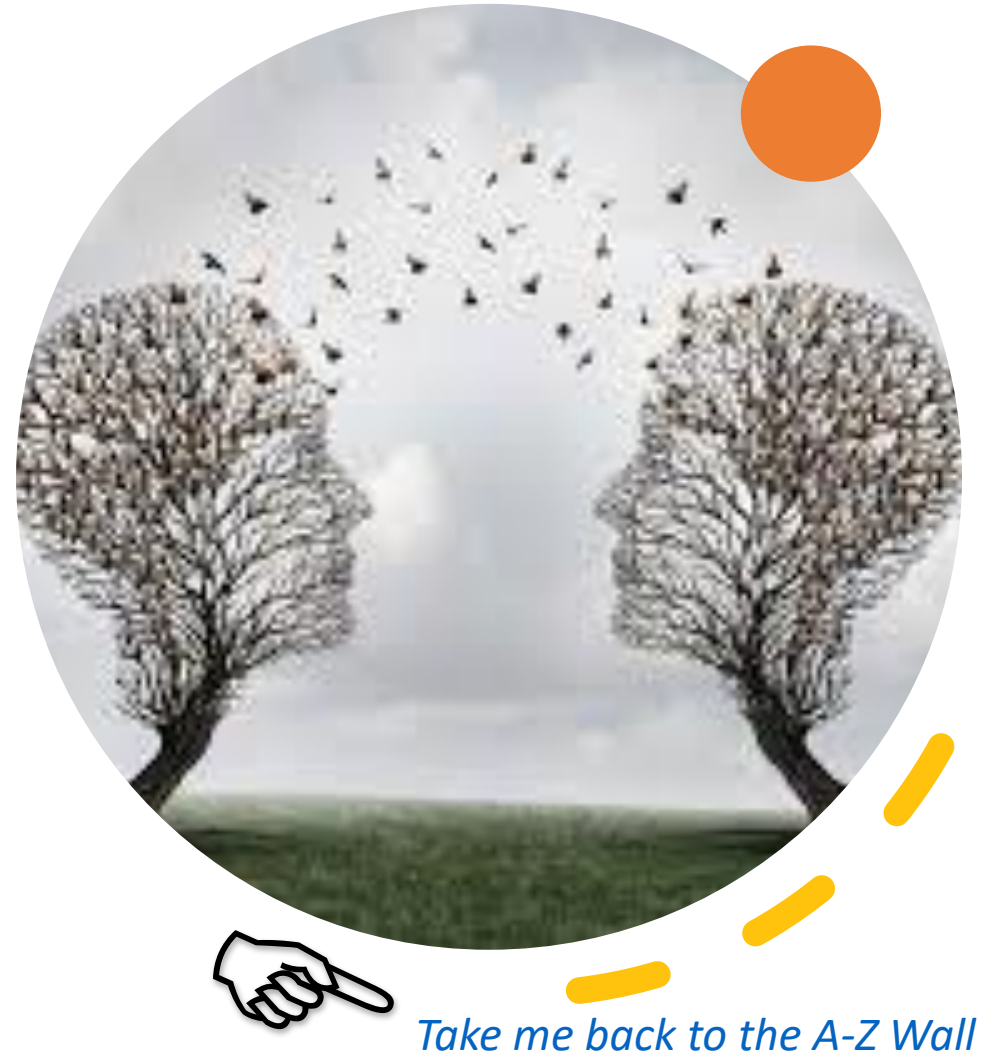
- You should always check <https://www.gov.uk/coronavirus> for the latest Government Guidance.
- The [HMPPS intranet](#) and [MoJ FAQ document](#) are regularly updated to provide the up to date guidance on HR matters.



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Understanding

- The outbreak of COVID-19 can feel overwhelming and may take an emotional toll. This is a time to support one another, show understanding, compassion and kindness.
- You may experience feelings of anxiety, stress, worry, sadness, helplessness, confusion and anger.
- It is important to remember it is OK to feel this way and that everyone reacts differently to different events.
- It is also important to remember that you are not alone. Seek opportunities to connect with people - Managers and staff should consider how to manage your mental health and the impact Covid-19 may have on your families.
- You may want to limit the amount of time you are spending looking at the news and stick to trusted news sources. Useful sources of information and support include - [Gov Hub](#) / [Anxiety UK](#) / [Anxiety UK YouTube](#) / [CfCS Wellbeing Hub](#) / [Rethink Advice and Info](#)



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Volunteer

- [NHS Volunteer Responders](#) has been set up to support the NHS during the COVID-19 outbreak.
- Volunteer to raise awareness/fundraise for a good cause. When you do good, you feel good.
- Don't forget you have the opportunity to invest your time in voluntary activity – HMPPS employees are entitled to a minimum for 3 days volunteering a year in line with business authorisation/accommodation. The [Special Leave Framework](#) outlines the necessary details.



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Walking

- Our physical health really affects how we feel.
- Exercise can help manage stress, boost the immune system, and improve energy levels.
- Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.
- Particularly during these difficult times try to enjoy the fresh air and clear your mind.
- It is important to remember to maintain social distancing if you see other people/families out walking.



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eXercise

- There's loads information and apps for workout ideas, [NHS Choices](#) is a good place to start.
- The NHS has some great [10 minute workouts](#) – perfect for those who prefer pictures and instructions rather than an online or video routine
- [Yoga](#), [Pilates](#) and [Tai-Chi](#) are examples of flexibility exercises, that you may want to try.
- [Chair-based-Pilates](#) is also an option - suitable for people who have difficulty getting down on the floor and prefer the support of a chair.
- Join [Joe Wicks](#) for online PE lessons every weekday at 9am on his [YouTube channel](#).
- Les Mills also has some [great home workouts](#) you can access free too.



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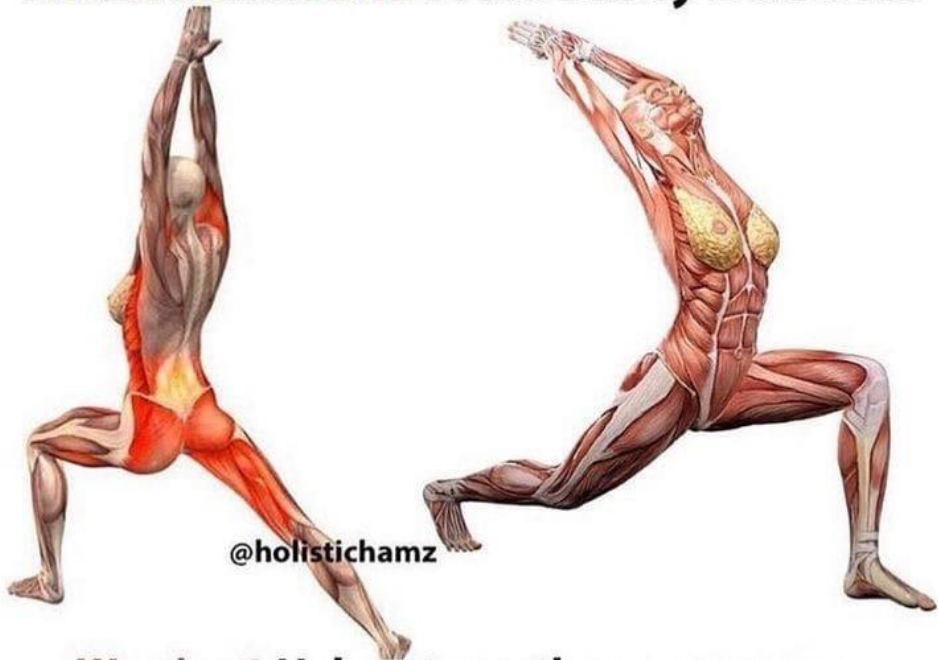


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Yoga

Did You Know?

Virabhadrasana I Has many Benefits



Warrior 1 Helps strengthen your arms, shoulders, legs, glutes, Opens yours hips, chest and lungs. Improves focus, balance and stability.

Source: yogajournal

20 minute

Full Body Yoga Workout

Grab a yoga mat & get ready to get long and lean! This workout helps build muscle strength and increase flexibility. Our yoga routine will also help to reduce your stress levels.

Hold each move for 40 seconds & take a 20 second break in between. Switch sides if noted. Tone your entire body by doing this at least 3 times per week.

- | | | | | |
|---|---|---|---|---|
| <p>1
Forward Bend</p>  | <p>2
Chair Pose</p>  | <p>3
Downward Facing Dog</p>  | <p>4
Dolphin Pose</p>  | <p>5
One Leg Downward Facing Dog (L)</p>  |
| <p>6
One Leg Downward Facing Dog (R)</p>  | <p>7
Camel Pose</p>  | <p>8
Cobra Pose</p>  | <p>9
Upward Facing Dog</p>  | <p>10
Forearm Plank</p>  |
| <p>11
Side Forearm Plank (L)</p>  | <p>12
Side Forearm Plank (R)</p>  | <p>13
Bridoe Pose</p>  | <p>14
Warrior I</p>  | <p>15
Warrior II</p>  |



ZZzzz...Sleep

- **Create a restful environment** - Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep. Watch our video for tips on how to sleep better. [Tips for sleeping better video](#)
- **Access free support and guidance** from expert sleep coaches via the Charity for Civil Servants - [Sleep Station](#)
- **Write down your worries** - If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest. [Tackle your worries video](#)
- **Move more, sleep better** - Being active can help you sleep better. A walk or yoga can help, but avoid vigorous activity like running near bedtime if it affects your sleep.
- **Put down the pick-me-ups** - Caffeine and alcohol can stop you falling asleep and prevent deep sleep. Try to cut down on alcohol and avoid caffeine close to bedtime.



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