Self-Care Menu
Pick and choose your self-care choices

Starters:

Step 1: Breathe – Take 2 minutes in a room of your choice to just sit and breathe. This will help you prepare for the day ahead and begin the day feeling calm.

Step 2: Organise - Write down two things from the menu below that you would like to achieve by the end of today (i.e. go for a 20 minute walk, and cook a new recipe tonight).

Health and creativity all day breakfast

Pick one:

Exercise: Strength and Balance Class - <u>YouTube</u> (30 mins)

Go for a walk outdoors: Walking - <u>warrington.gov.uk</u> (30 mins)

Explore a hobby: How to find a new hobby – <u>Future Learn</u> (30 mins)

Cook a new recipe: Eat well - <u>NHS (www.nhs.uk)</u> (30 mins)

Slice of relaxation

Pick one:

Read a book: Read to Relax Group - <u>warrington.gov.uk</u> (15 mins)

Stretch: Yoga video - <u>NHS (www.nhs.uk)</u> (15 mins)

Meditate: Mindfulness Meditation - <u>YouTube</u> (10 mins)

Listen to one of your favourite songs (5 mins)

Takeaway Resources

5 Ways to Wellbeing: 5 steps to mental wellbeing - <u>NHS (www.nhs.uk)</u>

NHS Mental Health Self Help Leaflets: Self-help leaflets - <u>NHS Foundation Trust</u>

NHS Better Health: Better Health - <u>NHS (www.nhs.uk)</u>

Happy OK Sad: <u>Happy OK Sad (warrington.gov.uk)</u>

Over 50's Lifetime: <u>Happy Ok Sad (warrington.gov.uk)</u>

Self-care To-Do:
- Meditate ✔
- Go for a walk ✔
- Meet friend ✔

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How to use this guide

This section is optional, but if you feel like doing something extra, or prefer a more structured routine, then following this specials board is definitely for you.

Each day presents a different suggestion which positively impacts your wellbeing. For example, let's say you're feeling extra motivated this Tuesday, you would simply skip to Tuesday on the booklet and read the suggestions to explore how to go about learning something new.

Then you will find all relevant links to online tutorials or breakdowns for these suggestions.

You can use this guide for as many weeks as you would like, until you feel comfortable to maintain the suggestions on your own.

Monday
Mindful meditation

Taking the time to meditate can help you to feel calmer and less stressed.
Try this meditation technique:

STEP 1

Try sitting quietly with your eyes closed and focus on your breathing, your thoughts, and sensations in your body. Try noticing the things you can hear around you.

STEP 2

Focus on how your feet feel on the ground, then work your way up your body (try and relax your shoulders).

STEP 3

Concentrate on how it feels to slowly breathe in through your nose, and out again through your nose. Notice how the air feels when it enters your nose and fills your lungs, and then slowly releases.

STEP 4

It's completely natural for thoughts to enter your head, so if your mind begins to wander, bring your attention back to the room and focus again on how your feet feel on the ground.

Helpful resources:

MIND: what is mindfulness, meditation and thinking time?
NHS : what is mindfulness?
My Life : 3 Minute Meditation Video
CALM : 10 Minute Meditation Video - Daily Calm

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Tuesday
Learn something new

Learning a new skill can help us connect with others and build a sense of purpose.

Try the following:

- Learn to cook something new
- Take on a new responsibility at work, such as mentoring a junior staff member or improving your presentation skills
- Work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials on YouTube
- Consider signing up for a course, or you could try learning a new language
- Try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint
- Find out what's on in your local area that you can get involved in!
    > Creative Remedies: Creative Remedies - warrington.gov.uk 01925 443555
    > Painting Class @ Culcheth Community Centre: Activities at Culcheth Community Centre - My Life Warrington 01925 818017
    > Warrington Community Centre's Enquiries: 01925 818017 or communitycentres@warrington.gov.uk
    > Warrington Community Centre Exercise Classes and Health Walks - Community Centres - Warrington Borough Council - My Life Warrington - 01925 818017

Helpful resources:

NHS: Eat well - NHS

Hobby suggestions: How to find a new hobby - 40 ideas to try

Employment support: Journey First - 01925 443080

Training, skills, and employment development: New Leaf - 01925 452131

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Wednesday
Be kind to someone

Acts of kindness help you to connect with others and improve your feeling of purpose and self-worth here are some acts of kindness you could try:

- Saying thank you to someone for something they have done for you

- Try taking some time to ask family members, friends or colleagues how they are feeling, and focus on listening to their answers

- Volunteering in your community, such as helping in a school, hospital, care home or your local sports club

- Offering to help someone you know with a DIY job

Helpful resources:

Warrington Borough Council :
Coronavirus community support and volunteering - 01925 246880

Warrington Voluntary Action :
Volunteering | Warrington
Voluntary Action - 01925 246880

Happy OK Sad
Warrington Wolves Volunteering :
Volunteers - 01925 248894

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Thursday
Move

Being active benefits our physical health and mental wellbeing. Find something you enjoy and try to do it consistently over time, for example:

- Head outside for a short 20 minute walk
- Take part in an exercise or yoga class on YouTube
- Spend time improving your garden or a local outdoor space
- Find out how to start swimming, cycling or dancing
- Set yourself a personal challenge to start running by following the Couch to 5k challenge
- If you have a disability or long term health condition, follow the links below to find out how to get active with a disability
- If you are over 65 and find it hard to do the above, there are plenty of light exercises in your local community centres which are a great place to start (please see below)

What's on in your local area:

- Warrington Borough Council Health Walks: Walking - warrington.gov.uk
- Livewire Health Walks: Health Walks - Libraries - LiveWire Warrington - 0300 003 0818
- Livewire YouTube Exercise Class: Your LiveWire - YouTube
- Community Centre Older Population Exercise Classes: Community Centres - Warrington Borough Council - My Life Warrington - 01925 818017
- NHS Getting Active with a Disability: Get active with a disability - NHS (www.nhs.uk)
- NHS Yoga YouTube Video: Vinyasa flow yoga video - NHS (www.nhs.uk)

Helpful resources:

NHS Better Health:
Get active - Better Health - NHS

NHS Couch to 5K:
Couch to 5K: week by week - NHS

NHS Active 10: Active 10 - Home

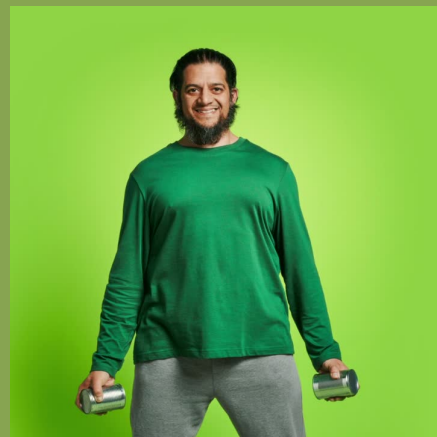**Better Health**

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Friday
Connect

Connecting with other people can help us build a sense of belonging and self-worth. It allow us to receive emotional support and support others. How to connect with other people:

- Take some time today to be with your family or friends, try arranging a time to have a meal together, or go for a walk
- Arrange a day out with a friend that you have not seen for a while
- Why not arrange to have lunch with a friend, or dedicate time on your lunch break to go for a walk with a colleague
- Make the most of technology to stay in touch with friends and family. Video-chat apps like Skype, FaceTime and WhatsApp are useful to do this. Although, try not to rely on always connecting via technology, face to face contact is better
- Volunteering in the local community is a great way to build a sense of self-worth but also meet new people

Helpful resources:

GOV.UK How to Volunteer :
Volunteer - GOV.UK

Warrington Borough Council :
Coronavirus community support and volunteering - 01925 246880

Warrington Voluntary Action :
Volunteering | Warrington Voluntary Action - 01925 246880

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