

A landscape photograph of rolling hills under a blue sky with a lone tree on the right and a distant monument.

Living Well

Session 4

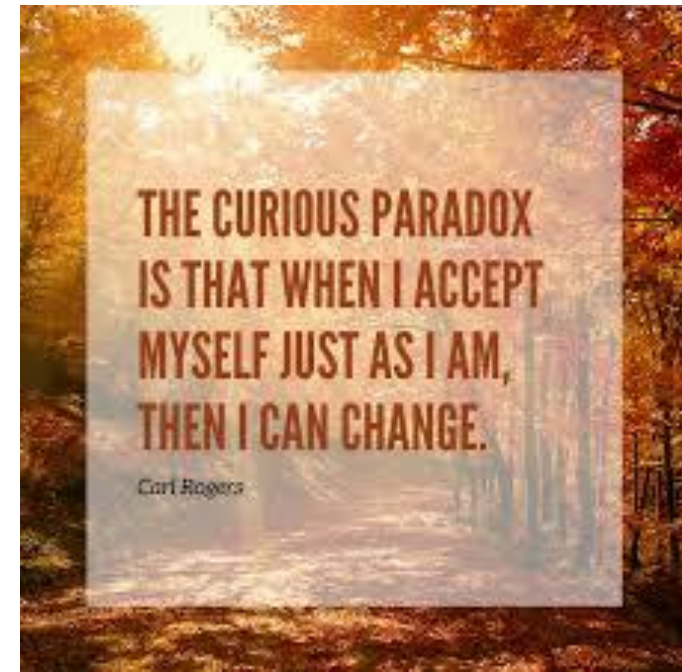
Gareth Eccleston and Alice Flint

Wellbeing & Recovery College

Acceptance

- Doesn't mean giving in
- Allows you to stop wasting energy struggling against your LTC/denying it's existence
- Allows you to manage your condition more effectively
- Means you can do more of the things that matter to you

- <https://youtu.be/ZUXPqphwp2U>



How does this quote make you feel?



The 3 P's



Planning, using what we now know about Pacing and Prioritising,
Balancing activities and rests...

Try out different systems and see what works for you, and then try to stick to it...

EG

- Whiteboard or chalkboard
- Lists
- Paper diary
- Mobile/Tablet or Computer diary.
- Specific Apps

Consistency is key. So try to make it something you can rely on.

Give it a go!

- Can you think of a time where you could try this technique out? Give it a try!



Whole Health Strategy



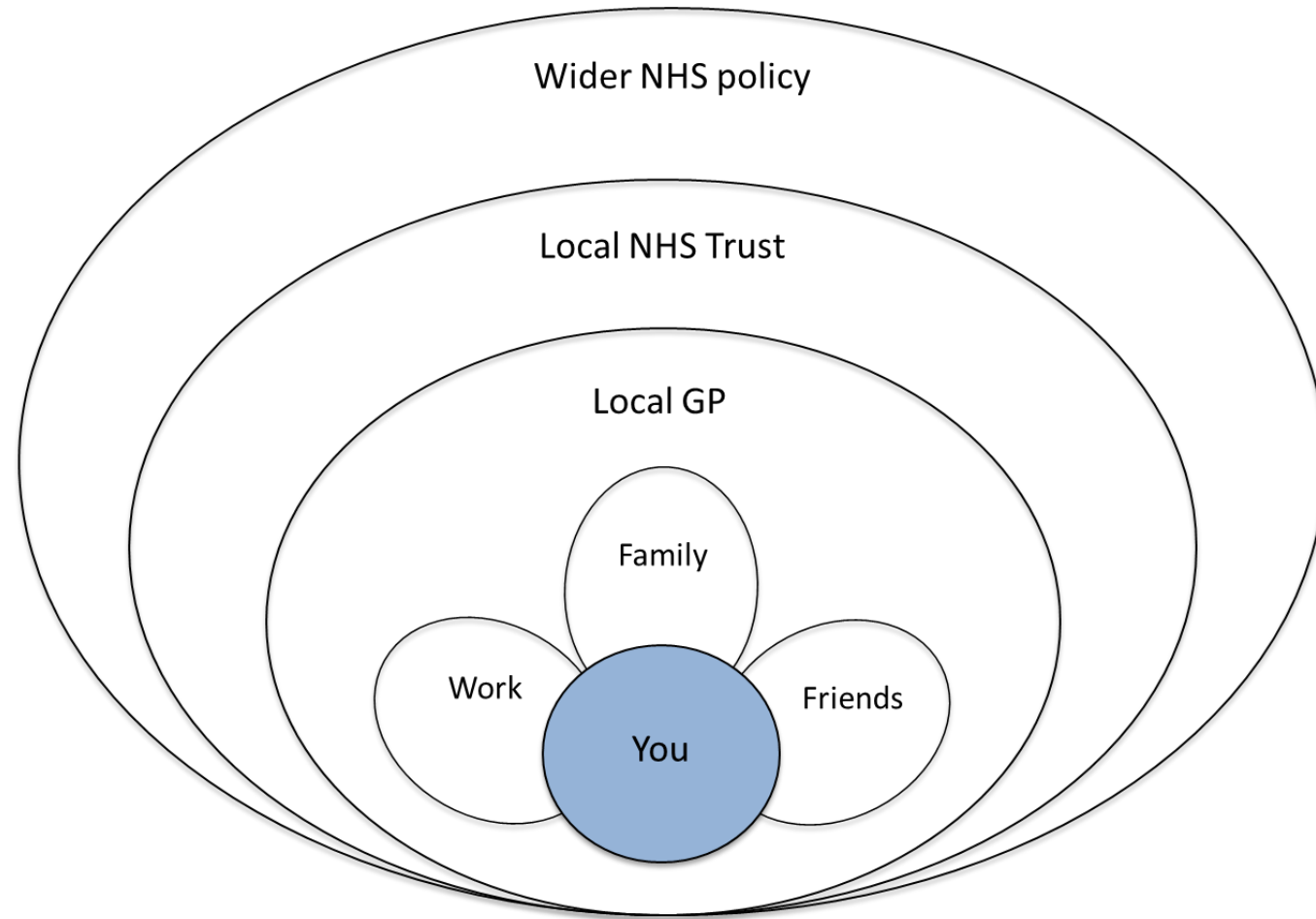
Health Strategy	Short-term?	Long-term?	Costs?
e.g. Medication (pain killers)	Takes the edge off pain, and makes me able to sleep	Becomes less effective	Side effects
e.g. Physiotherapy	More pain Exhausted	Builds strength Increased mobility	Time consuming
e.g. Meditation	Emotional Relaxing	More focus Calmer	Shed now meditation room (lost storage)
e.g. Healthier diet	Hungry Headaches	Lost weight Skin clearer	Miss chocolate Miss drinking with friends

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Try it yourself...

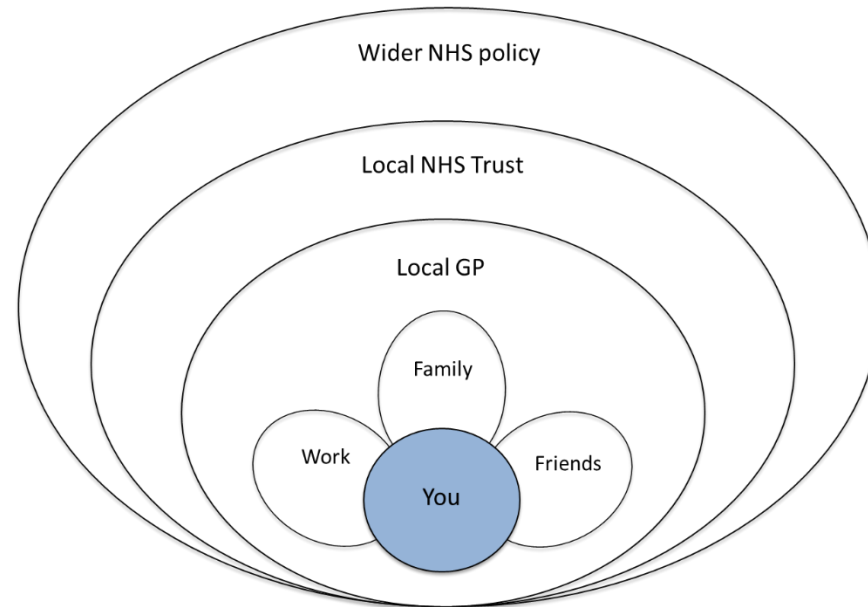
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When we decide to make a change it also effects the people and systems around us.



Making changes

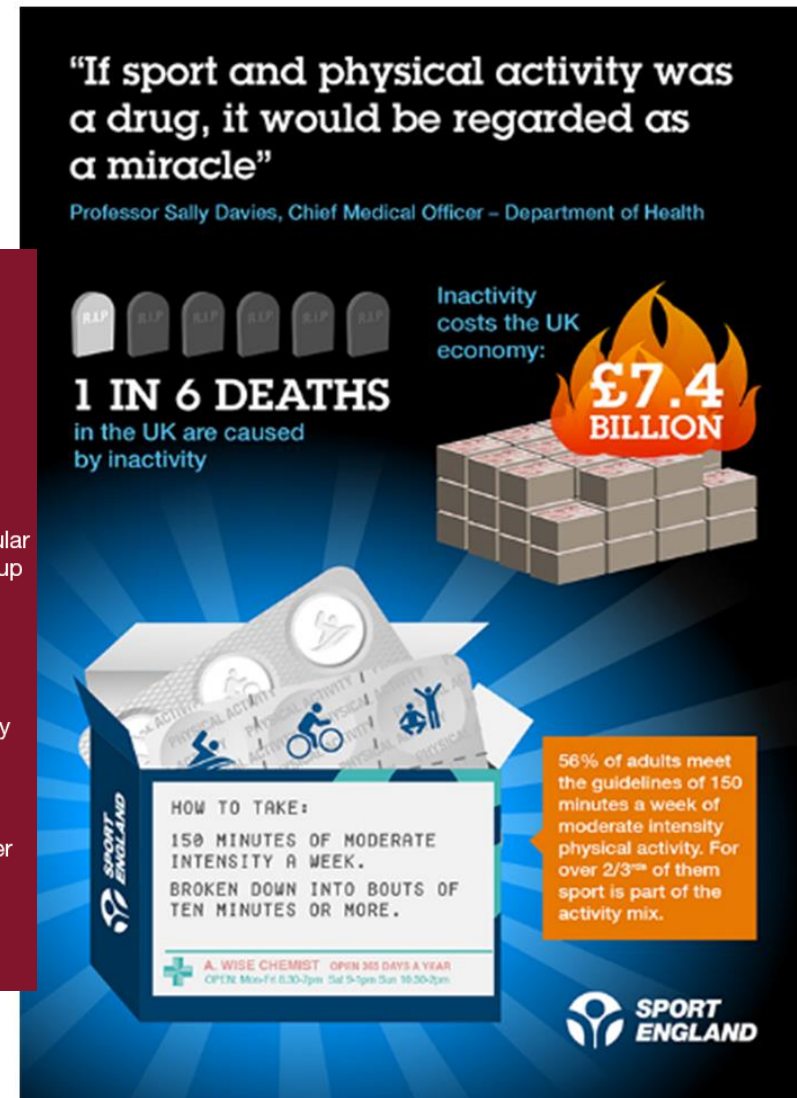
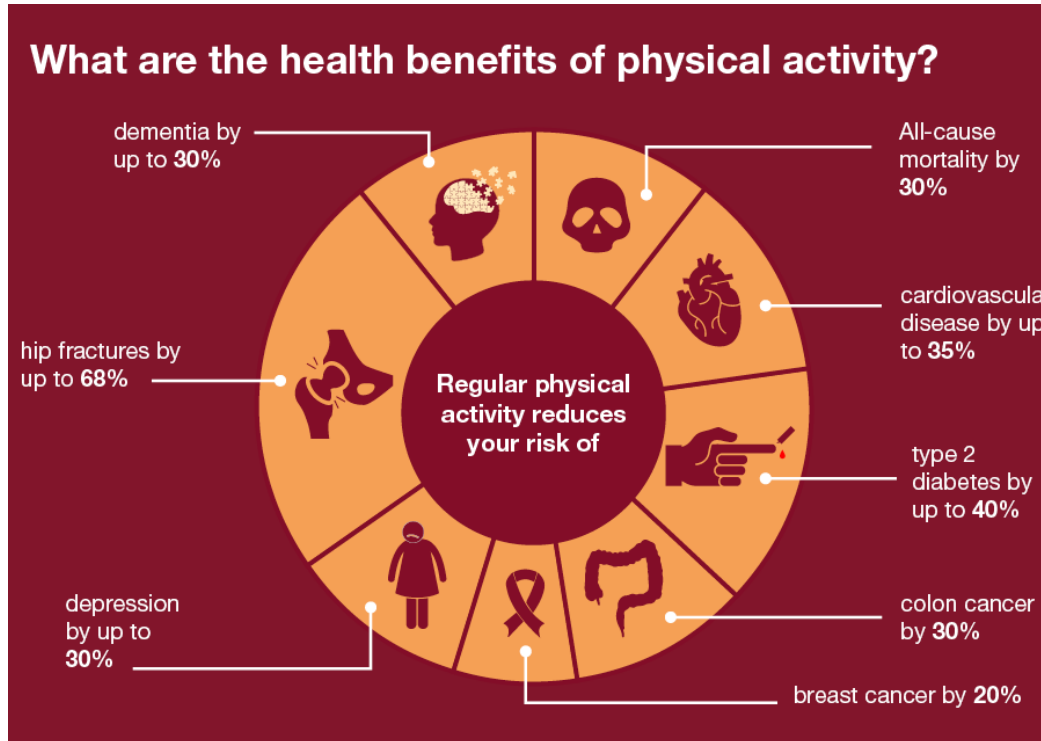
- What changes have you tried making in the last few weeks?
- Have any of these been influenced by others?
- Have any changes had a knock-on effect on others?



Making changes

Change	Support?	Resistance?	How I will manage?
I am being more accepting of when I need to rest	Partner glad that I have more energy and seem happier	Family get annoyed that I don't babysit as often	Explain to family (with partner's support) <u>why</u> I'm saying no, and help them see links between mood, energy levels, and childcare
Eating more vegetables and less sugary foods	Friend also eating more vegetables with me	Children complain that there are no snacks in the house	Suggest kids buy their own snacks / cook their own meals

Health and Nutrition 3: Physical Activity



- Other courses e.g. **Introduction to Yoga and Mindful Walking** offered by WRC

General Advice, But....

How much physical activity should you do?



This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

All adults should undertake muscle strengthening activity, such as



exercising
with weights



yoga



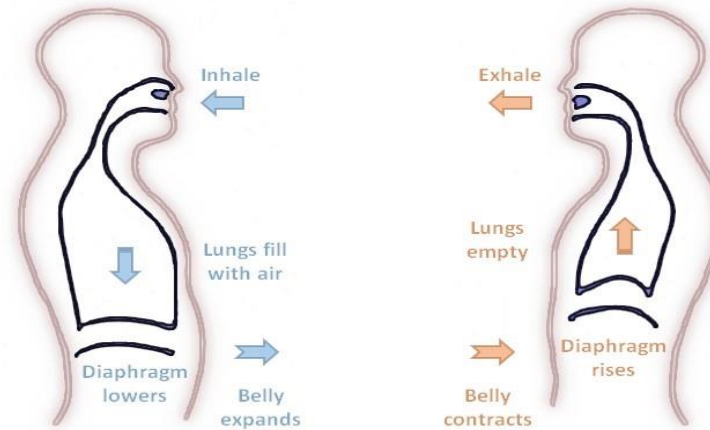
or carrying
heavy shopping

at least 2 days a week

Minimise the
amount of time
spent sedentary
(sitting) for
extended periods



Self Care Exercise: Belly Breathing



- Fight, Flight, or Freeze (Threat and Drive Systems)
 - Quick, shallow breathing = get in more oxygen = fight off or flee from danger.
- Calm (Soothe System)
 - Slow, deep breathing when we can relax and let more oxygen out.
- Diaphragmatic (Belly Breathing) helps the body to 'let go', relax, and think more clearly.

Belly Breathing Exercise

Please try this short Belly Breathing practice along with your trainer:

- Sit in a comfortable position with straight back or lie flat on the floor.
- Take a deep breathe in and out, relaxing your shoulders on the out-breathe.
- Put one hand on your chest and one hand on your stomach.
- Breathe in through your nose for 3-4 seconds.
 - You should experience the air moving through your nostrils and down into your stomach, expanding like a balloon filling with air.
During this type of breathing, make sure your stomach is moving outward while your chest stays relatively still.
- Hold the breathe for 1-2 seconds.
- Purse your lips (like you're whistling) and exhale slowly for 5-6 seconds.
 - Notice how your stomach falls, like air releasing from a balloon.
- Repeat for several breathes.