

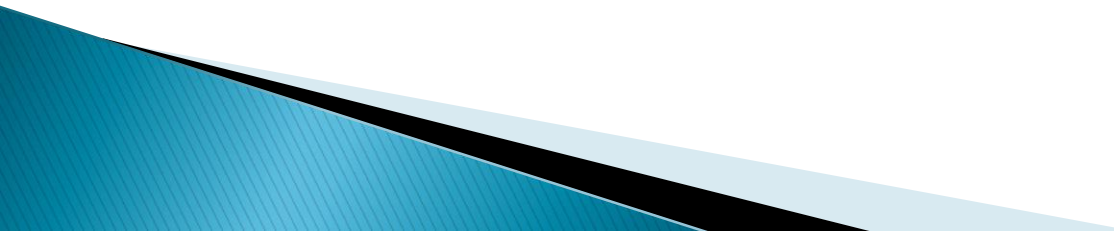
A landscape photograph of rolling hills under a blue sky with a bare tree in the foreground. The hills are covered in dry, golden-brown grass. A small, white, conical monument is visible on a distant hill. A large, leafless tree stands on the right side of the frame. The foreground is filled with tall, dry grass and some green shrubs.

Living Well

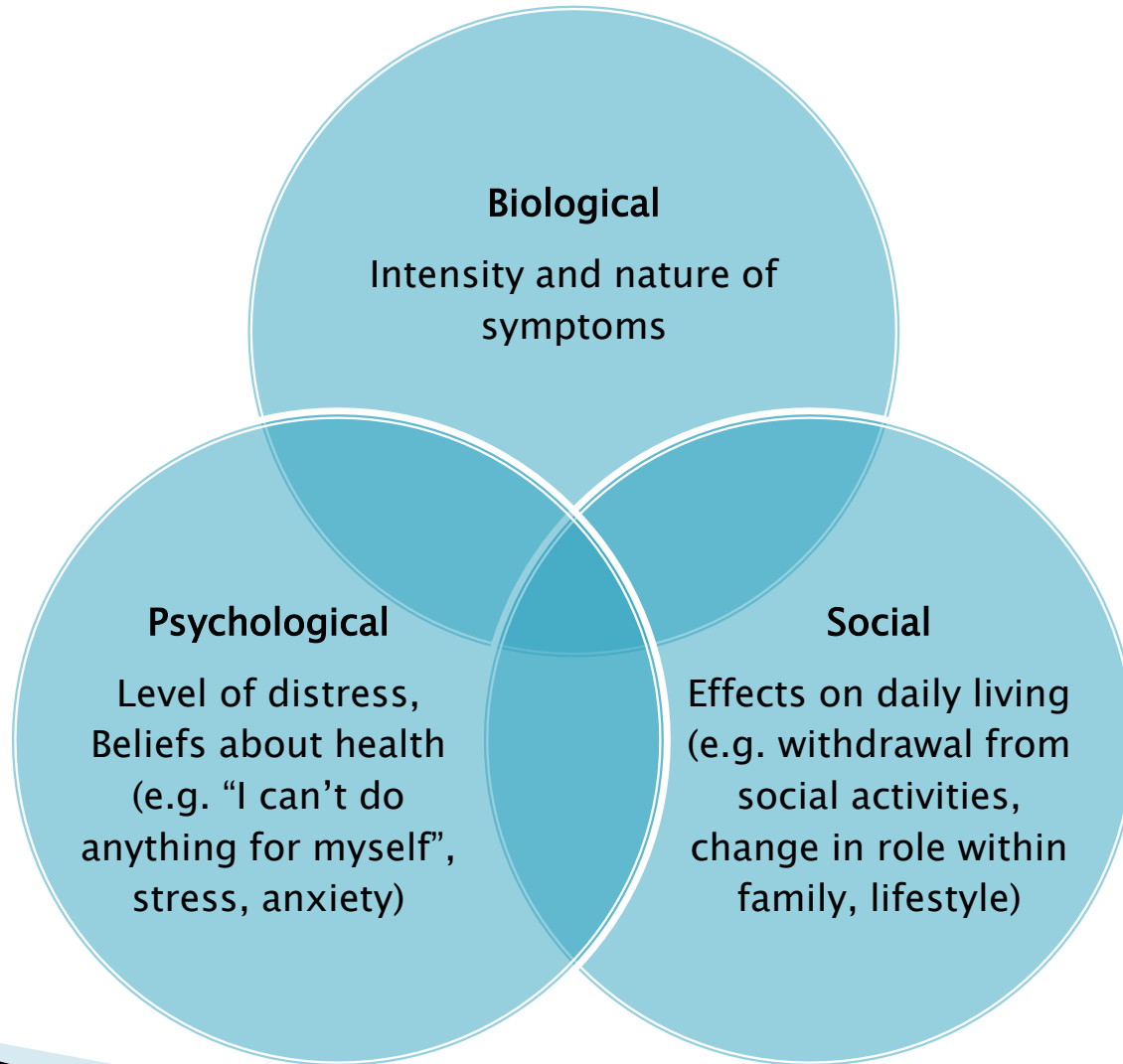
Session 2
Gareth Eccleston and Alice Flint
Wellbeing & Recovery College

Today's Topics

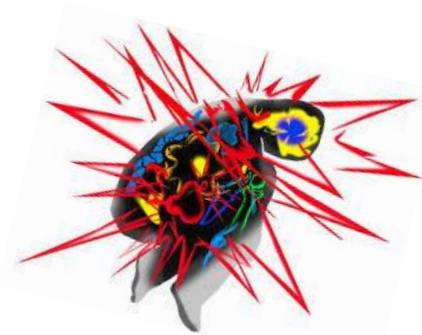
Living self-care and compassion

- ▶ The mind-body link
 - ▶ Self care
 - ▶ Compassion
 - ▶ Self-care exercise (mindful eating)
- 

Impact of Long Term Condition



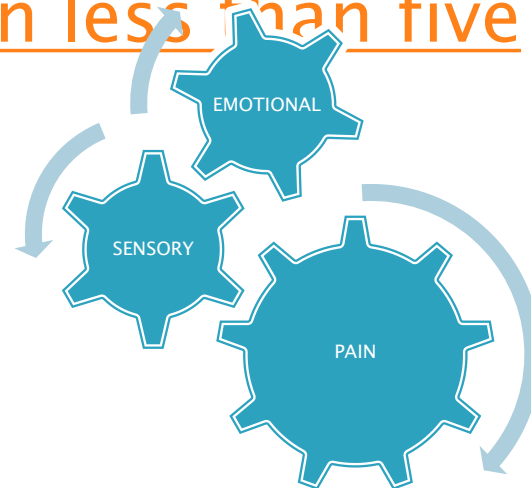
Symptoms 2: Pain



Chronic pain is pain that lasts at least 3 months:

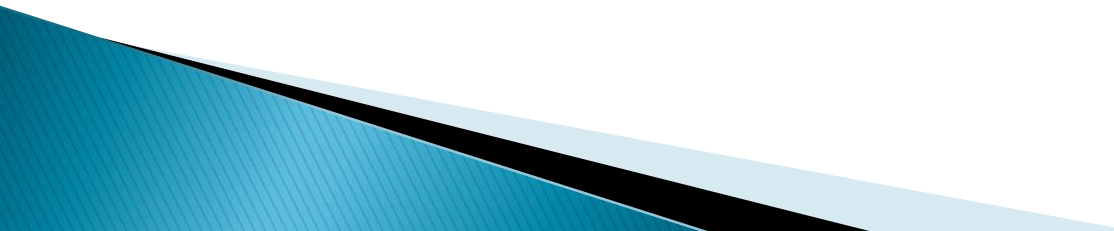
Understanding Pain in less than five minutes – YouTube

Understanding Fibromyalgia
course offered by WRC

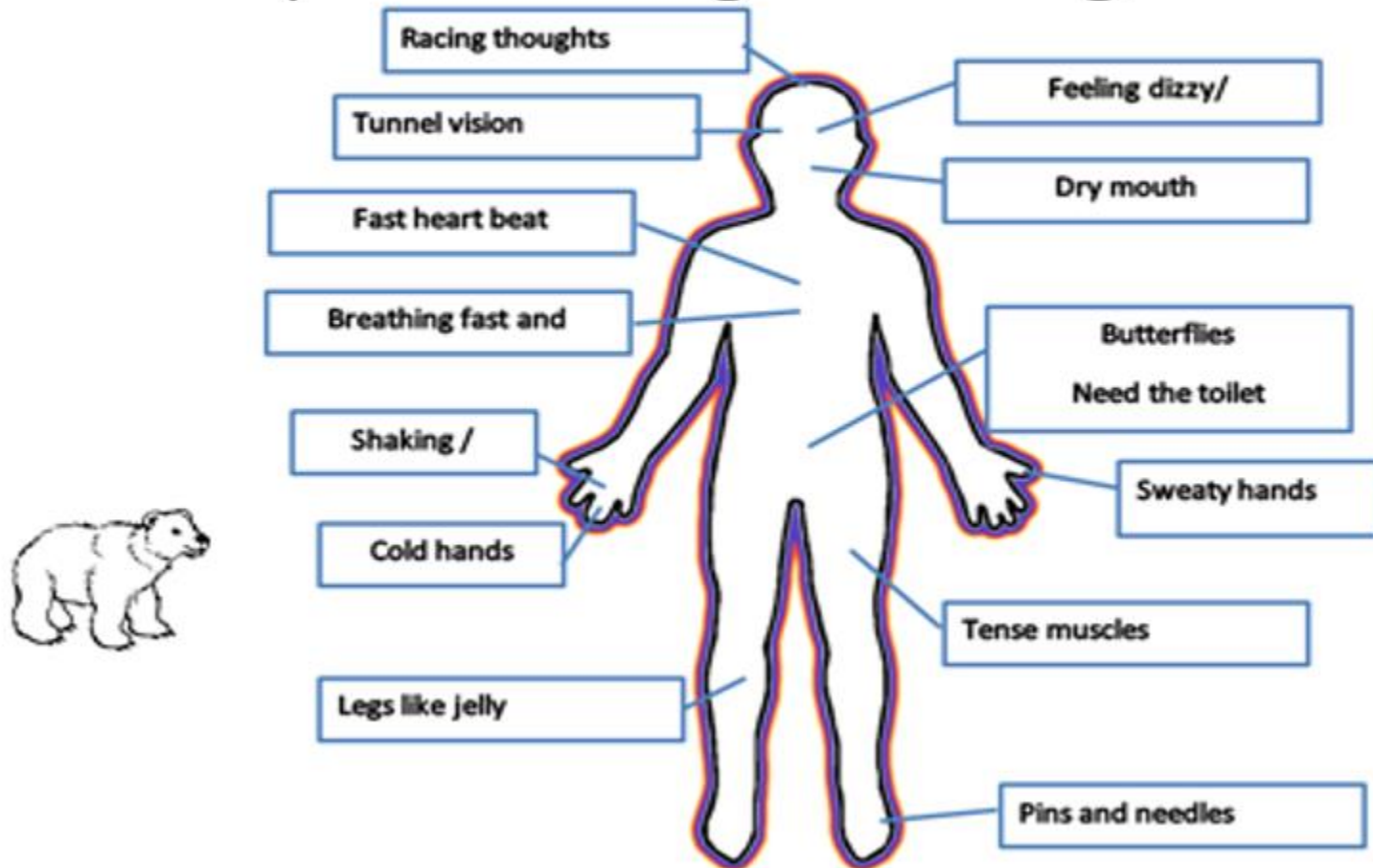


Physical health, mental health, and living well with long term conditions

When our physical health is reduced, it can affect our mental health as well:


- Motivation and energy is needed to be successful in self managing LTCs. When this is low it affects our behaviours and we don't always adhere to medications, therapies, diet, activity, or our general health and wellbeing.
 - This in turn reduces the effectiveness of treatment plans and the management of our condition
- 

Threat system – fight or flight



Longer term effects of stress on the body

Longer term exposure to stress increases the risk of:

- Mental health problems
 - Cardiovascular disease e.g. heart disease, high blood pressure, heart attacks and stroke
 - Obesity and other eating disorders
 - Menstrual problems
 - Sexual dysfunction
 - Skin and hair problems, e.g. eczema, psoriasis, hair loss
 - Immune system suppression
 - Gastrointestinal problems, such as IBS and GERD
- 

Our stress bucket

We have a video to watch that introduces the idea of a 'Stress bucket'

<https://www.youtube.com/watch?v=2TEeoQROLqM>



What are your taps?

All of our 'stress buckets' have 'taps' on them, which drain the water from them and keep them from overflowing.

- ▶ We learn how to manage our stress levels over time, and get to know what 'taps' best regulate how full our bucket is.
- ▶ We can also learn from other 'plumbers' about what taps are available.
- ▶ Sometimes old taps stop working for us, and we need to adapt or find new ones.



What are your taps?

▶ Small Group Exercise

- What taps help you to reduce your stress levels?
- Do you currently use your taps?
- Have you needed to adapt these or find new ones because of your health?



Stress: It's impact on you, your body, and your relationships with others

<https://www.youtube.com/watch?v=bwUx0isUvZo>

Which system are you working on?

DRIVE

“Fix It!”

Adrenaline
Dopamine

THREAT

“I’m under
attack!”

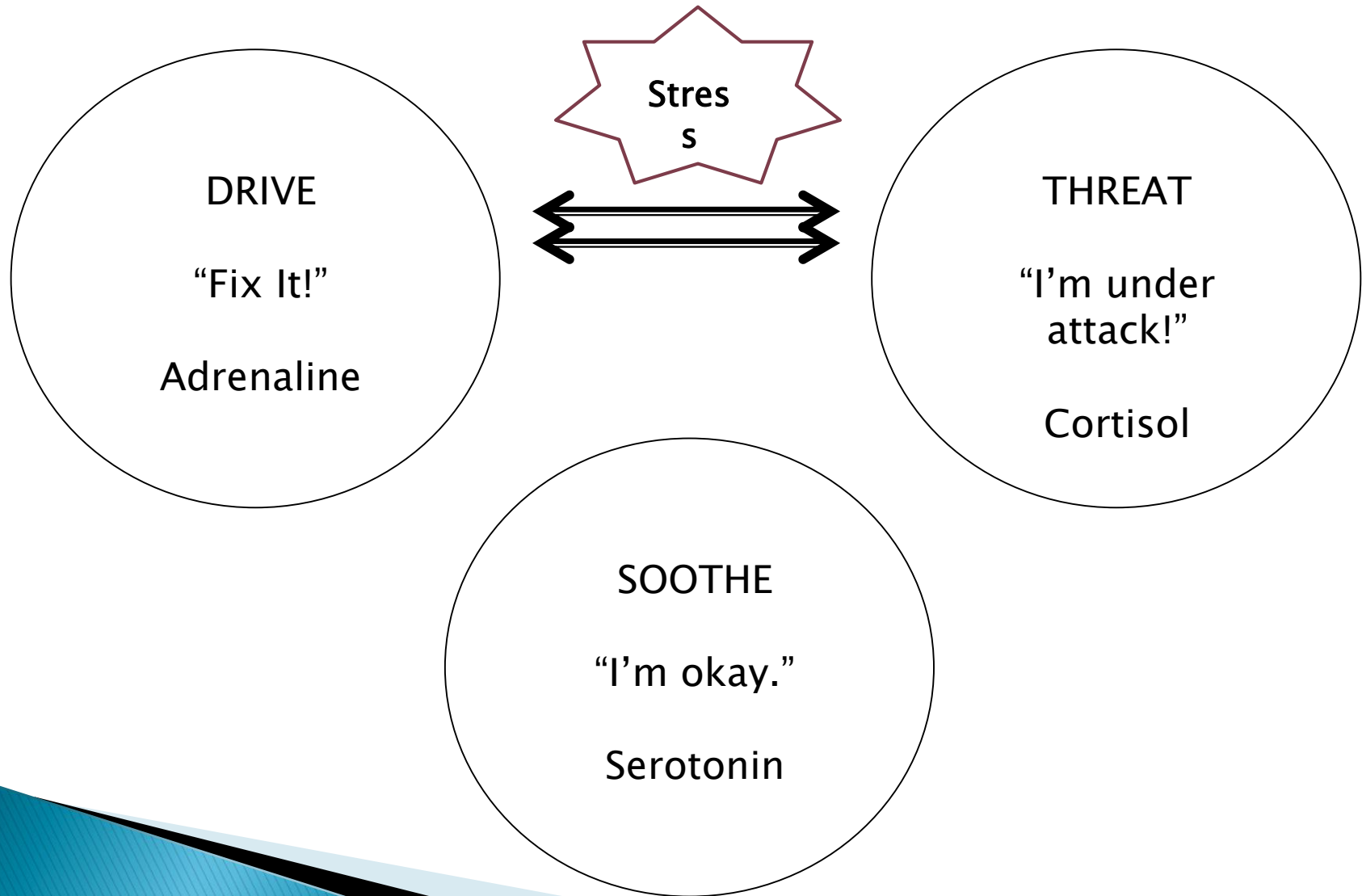
Cortisol

SOOTHE

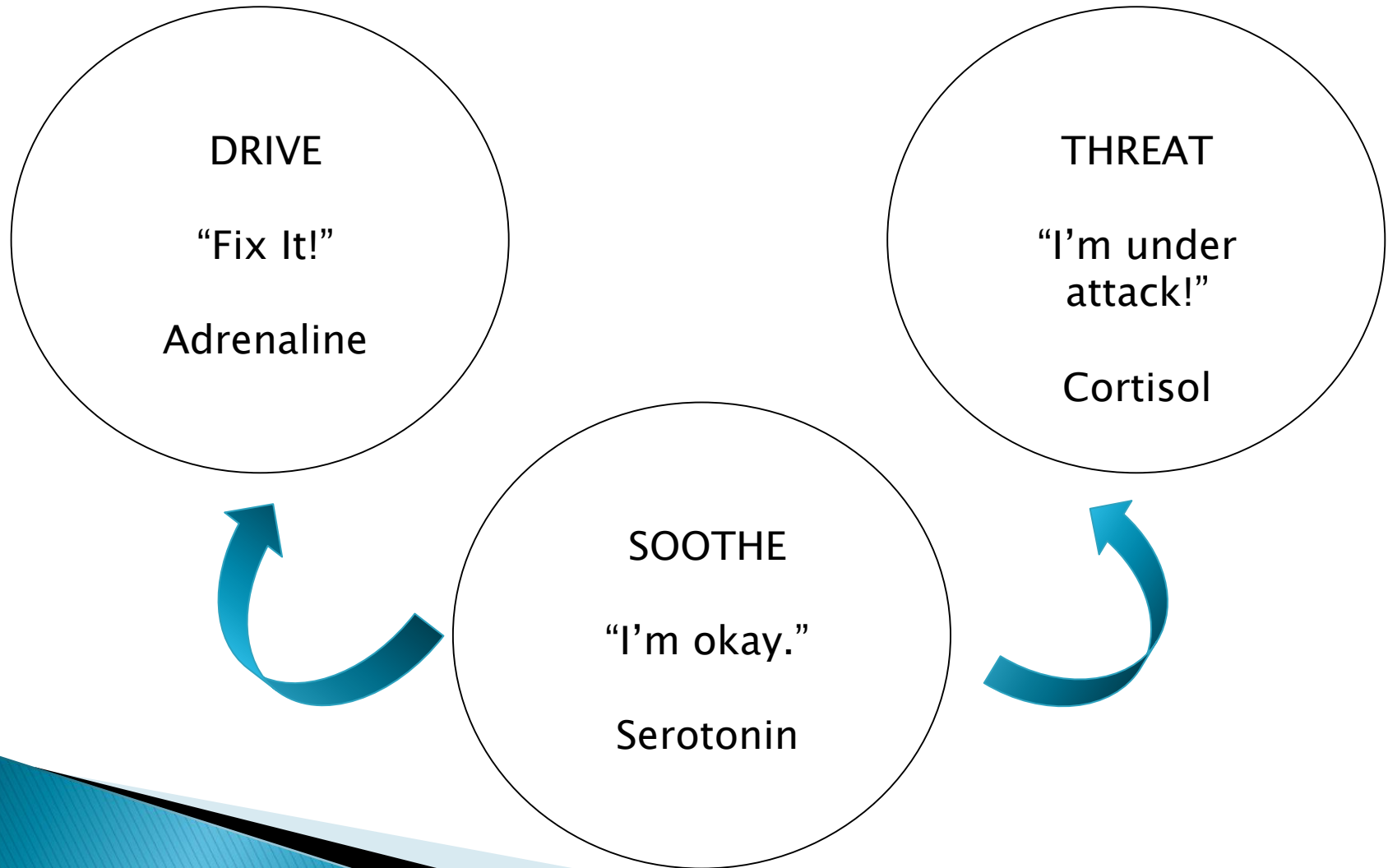
“I’m okay.”

Serotonin
Oxytocin

Which system are you working on?



Which system are you working on?



Self-Compassion

Self-compassion is key because when we're able to be gentle with ourselves in the midst of shame, we're more likely to reach out, connect, and experience empathy.

Brene Brown

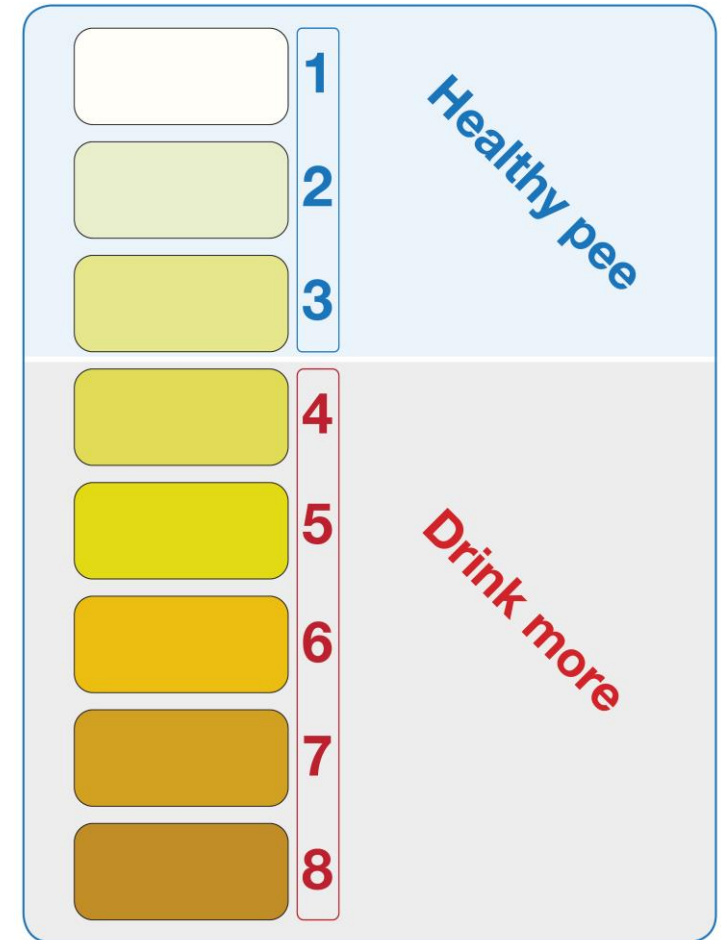
- ▶ Various courses incl. **Compassion in a Nutshell**, **Lived experience and the potential it holds**, and **Understanding Anxiety** offered by WRC

Health & Nutrition 1: Hydration



Water and our bodies

- Water makes up two thirds of our body
- People with a long term condition are at greater risk of dehydration
- Staying hydrated reduces the risk of:
 - Urinary Tract infections (UTIs)
 - Headaches
 - Constipation
 - Dizziness that can cause falls
 - Confusion
 - Kidney stones
 - Pressure ulcers/skin problems



Sleep

- ▶ Group Discussion Point:

- Has your health condition impacted on your sleep?
- How does a poor sleep cycle impact on your physical health?



- Sleeping Well course offered by WRC