

NOVEMBER 2021

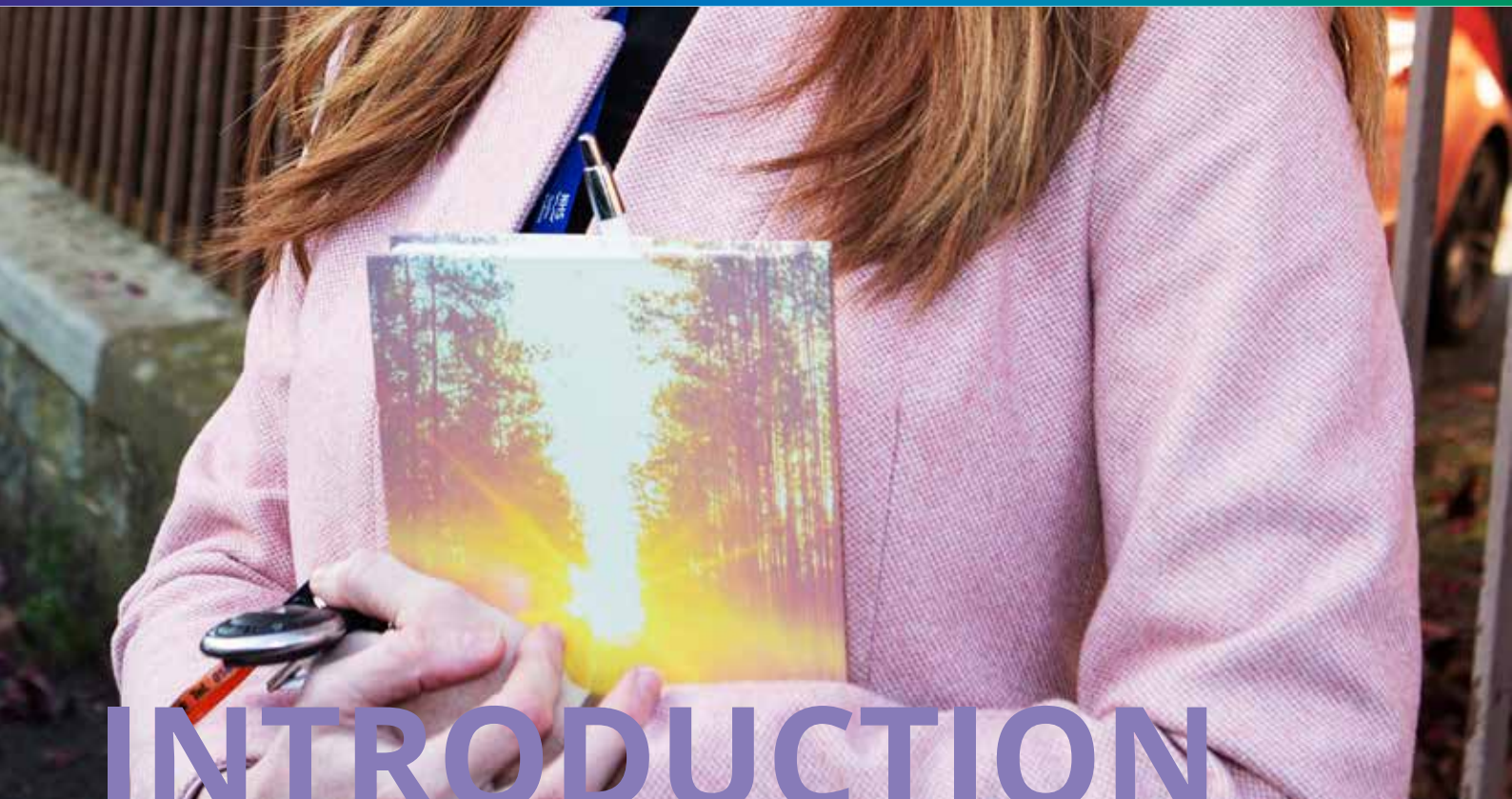
Nurses and Midwives

Wellbeing Resource Booklet



You matter too





INTRODUCTION

Thanks to funding from the COVID-19 Healthcare Support Appeal (CHSA), QNIS is working alongside COPE Scotland and Capacitar on an initiative to explore recovery and resilience with community nurses and midwives as we collectively reflect on the COVID-19 journey so far. We are seeking to engage with you about the barriers you face when it comes to your wellbeing and to explore ways to help overcome these difficulties. This is a year-long project involving many different elements, but we don't plan to reinvent the wheel.

This information booklet captures some of the resources already available to support your wellbeing as a healthcare professional. Our aim is to build on this existing support, shaping our own response using your lived experience and the resolutions you identify as most helpful.

There will be a series of focus group discussions, surveys and co-design groups. If you're interested in finding out more, please email: hilda@cope-scotland.org.

You matter, your wellbeing matters, and this is a programme not only designed for you but with you. Please note that the tips and resources in this booklet are not a replacement for professional advice. The enclosed are designed to encourage self-care and self-management but if you find you need more support than this, please speak to someone or seek out professional guidance.

CONTENTS

Tips on the art of communication	PG4
Helplines	PG8
Assessing your wellbeing	PG10
Tips for visualisation	PG11
Goal setting snakes and ladders	PG14
Tips for journaling	PG16
Compassion fatigue	PG18
Tips to manage guilt	PG24
Anxiety and low mood	PG26
Unhelpful coping strategies	PG35
Grief, Loss & Tears	PG40
Other life stressors	PG47
Finances & Welfare	PG49
Self-care and support for you	PG50
Spiritual Care	PG54
Activities to unwind	PG55
Make a personal promise today	PG60

TIPS ON THE ART OF COMMUNICATION

Sometimes we find it hard to share how we are feeling or want to be able to listen more when someone else needs to share. The following tips offer some ideas for reflection. Too often nurses can be there for others but find it hard to make time for themselves. The ideas in this booklet are for self-help and reflection. If you need more support, please speak to your line manager, or GP, about what other support may be available locally. No one can run on empty forever, and none of us are machines, even though at times we can feel that is what is expected of us.

A
CONVERSATION
CAN

INSPIRE US

OFFER HOPE

ENABLE US TO BE LISTENED TO

HELP US FEEL CONNECTED

SHARE OUR IDEAS

MAKE US LAUGH

SAVE A LIFE

KINDER CONVERSATIONS HELP
BUILD A KINDER WORLD

Wee tips on the **art of communication**, because sometimes we all need to share and care.



Decide what it is you want to share and how you plan to communicate that, if there are any communication barriers to be addressed, what can you do to help overcome them? If possible, pick a time and place where you can communicate without distractions, e.g. reaching out to a friend whose attention may be focused on their kids at that moment may not be a good idea, arranging a time where you can both connect undisturbed and privately may work better.

Let the person know what your intentions are. Sometimes when communicating how we feel the other person may worry, they need to 'fix it'. Rather than focusing on what you are sharing, they are thinking about a solution. Opening up can start with "I don't need you to fix anything or jump in with a solution, I just need someone to be there while I share what I am thinking and feeling, which can help me decide what next." You are setting the scene and letting the person know you want to share and what you ask of them is to be there for you. Let the person know just how much it meant to you, and you appreciate them offering this time and letting you know they care.

Be kind if the person receiving the information asks a question, this means they are paying attention. It also may mean they need time to process the information and make sure they are understanding what is being shared. Effective communication happens when both parties respect each other, trust each other, and feel safe to be open and honest about how they feel. Recognising sometimes there can be practical barriers to communication and working together to find a way, these can be overcome.



People aren't mind readers, so you need to take responsibility for being understood. Don't worry if you feel what you are sharing is maybe all over the place. Sometimes when we do open up for the first time, we have so much to share it comes in a rush. Just be patient with the person we are communicating with and say "I know this may not seem to make sense, bear with me." Sometimes we need that space of just letting it all pour out so we ourselves can start to make sense of what we are thinking and feeling. This is why it's important people know we want them to simply receive what we want to share not solve anything. Sometimes we just need to know we are not alone and someone is paying attention, even when what we are sharing doesn't always make sense, even to ourselves. Find a method of communication that works for you, if there are barriers to communication explore how they can be overcome e.g. writing it down, or using sign language, or an interpreter. Sometimes communication itself can be a challenge, recognising barriers and seeking ways to overcome them, is also part of the art of communication.

How to be there for someone who needs to share what they are thinking and feeling with us.

You are patient. Sometimes when someone has held things in for a long time they don't know where to start or seem to be all over the place. An effective communicator will understand this and will be patient realising it can be hard to share. You won't force the other person to explain, or make them feel they need to hurry up. Creating a safe relaxing space helps you focus on the person, and the person who is sharing feel more comfortable to open up. If time is tight, share that to begin with, but arrange another time as soon as possible where you don't need to rush off e.g. to collect the children from school. People do understand, when we take time to communicate what is happening.

It may be what you are going through needs more professional support than a good friend or communicator can offer. They may suggest connecting you with someone else. Please don't feel that doesn't mean they don't care; it just means they recognise it may be helpful for you to share with someone else too. Sometimes opening up to a friend or family member helps us realise what we are going through does need more professional help. Professionals also need to be good communicators and if there are barriers seek ways these can be overcome.

If you are a British Sign Language user www.contactscotland-bsl.org offers a service which enables contact with public bodies and third sector services through Video Relay. If affected by sight loss, please contact www.rnib.org.uk

The person knows you are giving them your full attention with your eye contact and body language and perhaps occasional gestures of encouragement to continue. The person senses you are interested and want to learn more.



You are focused on the person whom you are communicating with. You are not thinking about what you are going to reply, or, have for dinner, what else you need to do at work etc. At this moment your focus is on the other person and what they are sharing, so they know, they have your full attention.



Non-judgemental, an effective communicator knows, this isn't about their views, or what they think this is about. They want to connect with what we have to share, what is important and matters to us.

Recognise this is the beginning of opening up. It may be it will take time to work through what is causing you distress. Sometimes things happen which take time to resolve, or, it may be you need time to come to terms with what is happening. But before any journey to a better place can begin, we need to find a starting point, and that can be as simple as letting someone know, "I am not fine, this is why". Recognising there is an issue makes it easier to explore what next and this is easier when shared with someone else.



An effective listener is empathic as opposed to sympathetic. Empathy is about understanding the feelings of another and sharing them. It is around a shared connection about what it means to be human. Sympathy can be more around pity and being sorry for someone else's misfortune and many of us don't want someone's pity, we do not want anyone to feel sorry for us, we want to be understood.

Useful Contacts

Sometimes someone needs more support than a compassionate friend and knowing local support and services to help link the person can help you feel more confident to be there for them. Sometimes someone is so despairing they may think of suicide. Attending a suicide first aid workshop can help you be ready, willing and able to offer a suicide first aid intervention. There may be other challenges a person faces in communication e.g. where someone experiences dyslexia. We hope the following links offer some places to visit which can offer more information you may find helpful.

RNIB <https://www.rnib.org.uk/>

RNID <https://rnid.org.uk/>

Inclusive communication <https://inclusivecommunication.scot/>

National Autistic Society <https://www.autism.org.uk/advice-and-guidance/topics/communication>

NHS 24 NHS Language Line <https://www.nhs24.scot/get-in-touch/language-line/>

Samaritans Freephone 116 123

British Dyslexia Association

<https://www.bdadyslexia.org.uk/advice/adults/living-with-a-dyslexic-partner>

Zero Suicide Alliance Online Suicide Awareness Training www.zerosuicidealliance.com

If you are deaf and experiencing a crisis text DEAF to 85258 for free and immediate support

Alzheimer's Society <https://www.alzheimers.org.uk/about-dementia/symptoms-and-diagnosis/symptoms/tips-for-communicating-dementia>

Hearing link <https://www.hearinglink.org/living/lipreading-communicating/how-to-lipread/>



You matter, your wellbeing matters

Produced by COPE Scotland

www.cope-scotland.org

 @COPEScotland



More Choices for More People. Funding for this project has been provided by the Self Management Fund for Scotland administered on behalf of the Scottish Government by the Health and Social Care Alliance Scotland (the ALLIANCE) with support from the William Grant Foundation.

HELPLINES

We have listed some helplines which may be useful if you need to speak to someone now. There are other services and resources throughout the booklet. You may find if your telephone number is withheld, you may be asked by some phonedlines to redial using 1470 before redialling their number.

Alcoholics Anonymous

T: 0800 0086 811 / 0800 9177 650

Advice. Scot

T: 0808 800 9060

Alzheimer's Scotland

T: 0808 808 3000

Anxiety UK (formerly National Phobics Society) Helpline

T: 03444 775 774

Text service: 07537 416 905

anxietyuk.org.uk

Autism Helpline

T: 0808 800 4104

Beat Eating Disorders

T: 0808 801 0677

Blue Cross for Pets

(Support following the death of a pet)

T: 0800 096 6606

Bullying

www.nationalbullyinghelpline.co.uk

T: 0845 22 55 787

Campaign Against Living Miserably CALM (Men)

T: 0800 585858

Child Bereavement UK

T: 0141 352 9995

(Help prevent) Childhood abuse

T: 0808 1000 900

CHSS Advice line Nurses

T: 0808 801 0899

Combat Stress

UK charity for Veterans Mental Health

T: 0800 138 1619

CRUSE Bereavement support

Bereavement support helpline

T: 0808 808 1677

Dementia Helpline

T: 0800 888 6678

Digital Support Freephone Helpline

T: 0800 158 3974

Domestic Abuse and Forced Marriage Helpline

T: 0800 027 1234

Drinkline Scotland

T: 0800 7314 314

Emergency Homelessness

T: 0800 838 502

Families Affected by Murder and Suicide (FAMS)

T: 07736 326 062

Families Outside Peer Support Group (Supporting families affected by imprisonment)

Text FAMOUT 60777 or

Freephone 0800 254 0088

Forces Line for any member of the armed forces, veterans, and their families

T: 0800 731 4880

Gamblers Anonymous Scotland

T: 0370 050 8881

Gambling Helpline

T 0808 8020 133

Glasgow Helping Heroes

T: 0800 731 4880

Hopeline UK (people under 35)

T: 0800 068 41 41

LGBT Helpline

T: 0300 123 2523

LGBT Youth

Text: 07786 202 370

Mind Info Line

T: 0300 123 3393

OCD Helpline

0845 390 6232 or 020 7253 2664

www.ocdaction.org.uk

One Parent Families Scotland Helpline

0808 801 0323

Pandas (perinatal mental illness)

T: 0808 1961 776

Parent Line

T: 08000 28 22 33

Rape Crisis

T:0808 802 999 national number Glasgow and Clyde number T: 0808 800 0014

Report a Consumer Issue

Advice Direct Scotland

T: 0808 164 6000

Report a Loan Shark

T:0800 074 0878

Scottish Hazards free to use, confidential advice network for workers who are having difficulties with their employers regarding being able to follow the new guidance or the new laws

Free Phone Number 0800 0015 022

Sexual Health Info Line

T: 0800 567 123 but changing to

T: 0300 123 7123

Silverline (older people)

T: 0800 4 70 80 90

Shelter Helpline

T: 0300 330 1234

Shout (an affiliate of crisis text line)

Text: SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

SOBS (Bereaved by Suicide)

T: 0300 111 5065

The Lullaby Trust

T: 0808 802 6868 Bereavement support/ following the death of a baby or young child

The Macmillan Support Line (open 7 days a week between 8am-8pm)

T: 0808 808 00 00

The Samaritans

Free Phone T: 116 123

The Spark Relationship Counselling and Support

T:0808 802 0050

Universal Credit Helpline

T: 0808 169 9901

Victim Support

T: 0345 603 9213

WSREC Hate Crime Helpline

T: 07497 187 992

ASSESSING YOUR WELLBEING

It's helpful sometimes to pause and reflect on where our wellbeing is at this moment, and to identify where we may find change helpful. The following are some tools which you may find useful.

Warwick-Edinburgh Mental Wellbeing scale (WEMWBS)

The Warwick-Edinburgh Mental Wellbeing scale was developed to enable the monitoring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing. warwick.ac.uk/fac/sci/med/research/platform/wemwbs/about/

Professional Quality of Life Scale ProQOL

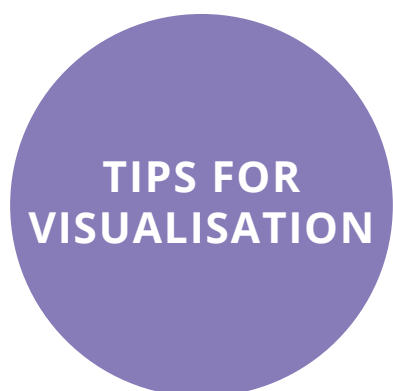
The ProQOL is the most commonly used measure of the negative and positive effects of helping others who experience suffering and trauma. The ProQOL has sub-scales for compassion satisfaction, burnout and compassion fatigue. proqol.org/proqol-measure

Mood fit

Mood fit provides a comprehensive set of customizable tools and insights to help you learn what works best for you. There are costs, however, you can also have a free trial period, visit this link for more information www.getmoodfit.com

Once you have identified areas you want to make changes in, it's good to begin to vision what that may look like, to set goals and to keep a journal. These tools created by COPE Scotland may be of interest, you can find an editable version of the goal setting snakes and ladders in the document section of their website www.cope-scotland.org

They include:



Wee steps can make a **big difference**

Tips for visualisation



What is creative visualisation?

We can think of creative visualisation as a way of using your imagination, to help create what you want to happen in your life. We do it all the time and probably aren't even aware of it. We may decide we want toasted cheese. We imagine the lovely warm toasted bread with the melting cheese. We may have none of these ingredients so need to go to the shops and get them. To do this we need money so need to look for our card or cash. In our mind we imagined toasted cheese, and before we know it, our feet are taking us along a line of decisions which result in us enjoying eating this lovely feast! It started with an idea, the more our imagination focused on a reality where this was something we were doing, the more motivated we were to make it happen and it did!

Why does it matter what we imagine?

It's amazing how much our thinking goes into creating what happens next. Using our imagination towards goals which matter to us will help us move towards having or achieving what we visualise. However, our faith in our ability to achieve that matters. When we visualise something, we also need to believe this is something we can do. There are many pieces on www.cope-scotland.org you may find helpful for increasing confidence. It is also really important we take time to think, what is it I want, what do I want to make manifest in my life.

How do I start?

The aim of creative visualisation is to bring something into your life which wasn't there before or imagine a new life where something which isn't helpful for you is no longer an issue. The key things to remember are, it needs to be something which really matters to you and view it in the positive. If you are in a job you hate, don't visualise leaving that job, instead visualise yourself in a new job which makes you feel fulfilled. What does that new job look like? Be clear on what your goals are maybe include bullet points to achieve those goals. Knowing what your goals are and why they matter is really important for visualisation so please take time on this. Tune into your gut reaction, does this feel right? The clearer your vision the more it matters to you, the more motivated you will be to make it manifest. When you visualise you may be imagining something you don't yet know how to do. Don't worry about that as in setting your goals this is something you can work towards. The stronger the memory you are making of visualising yourself having already succeeded, the stronger will be your motivation to get there.

How does this work?

Our thinking is pretty complex, in addition to the thinking we are aware of, our consciousness, there is also our preconscious mind, it's kind of there if we need it but we don't think about it all the time. Then there is our unconscious mind. Like an iceberg, we only see what is above and just below the water, the bulk of the iceberg is hidden from view. This is also true of our unconscious. However, this is where our fears live, the self-doubts, attitudes and experiences which can hold us back from reaching our potential. Creative visualisation is a way to help us override any self-limiting beliefs we may have, by helping us develop new attitudes about ourselves and what we are capable of.



Give it time and be relaxed

Thinking about what we really want in our lives and why, is sometimes easier said than done. Give it time, don't rush it. When you are planning to think about this, spend some time first getting relaxed and do this at a time when you won't be disturbed, so try and switch off your mobile! You may want to have a relaxing bath first or listen to some music which inspires you.



What resources do I need?

Creative visualisation happens in your mind. The resources you need is your attention. Being mindful can help focus our attention. A pen and paper to journal, and perhaps to make a vision board. You can also use images and words from magazines to create your vision board, whatever works for you. The aim is to take what is in your mind and put it in front of you in words or pictures to help what you want to make manifest even clearer in your mind. Time can be sometimes hard to find. To begin with, even if you can make 20 minutes a day, every day, this can make a difference. It is better to perhaps use less time more frequently than a lot of time now and then.



What could creative visualisation offer me?

These tips are for self-management. If there has been something in your life which has had an impact on you and what you believe yourself capable of, this may require professional intervention. Ask your GP or other health care provider about support near you. If you perhaps want to achieve something, new house, relationship, job, improved sense of wellbeing, pass a test and more, then creative visualisation is a tool that may help you achieve that desired goal.

Using all your senses

You may find watching this wee video helpful for realising just how many senses we have <https://www.youtube.com/watch?v=Nfxulw98FYE>. This is using your senses to relax; however, you can use them to visualise. Imagine your goal has already happened, you have succeeded, what do you see, hear, smell, taste? What can you touch, is there wind on your skin? Are you moving, how does that movement feel e.g., you may want to learn to drive a car, can you feel the car moving? The clearer the vision is in your mind, the more often you visualise this, the more likely you will feel motivated to achieve that goal as already you can imagine you have achieved it. You may want to add people, times of year. The more your imagination works in a positive way the more focused you are on achieving this goal. This is where a journal and or a vision board can help as you can capture all of this to reflect on and remind you what you are working towards on days when maybe this is harder than others.

Untangling notes with boxing gloves on!

Sometimes we have so much going on in our lives, it's like being given a ball of very knotted wool, putting on a set of boxing gloves and a blind fold and told to untie the knots! Hmmm how many seconds and the ball of wool goes flying. The same holds when our lives feel very overwhelming and stressful, we don't know where to start. Relaxation doesn't take away the knotted ball of wool, but it takes off the blindfold and boxing gloves and makes it easier for us to be calmer and focus on the knots which we need to put our energy into unknitting. Make a note in your journal about the knots that are holding you back from your dreams.

Perspective

There are a couple of ways you can visualise; one is that you are in the vision and experiencing all the positive things you are aiming to achieve. The other is seeing it through someone else's eyes, e.g., you may imagine watching yourself on a screen. Perhaps a film you have written the script for and directed? Try it both ways, see what works for you. A reminder, if you are working through any issues, or have any feelings of depersonalisation or dissociation, speak to a health professional before trying these exercises, they are for self help and do not replace professional advice.

Stay kind and positive

Creative visualisation is around bringing something kind or positive into your life and the lives of others and is a tool for bringing more positive energy into the world. If at this time you find it hard to be positive do speak to someone as our mental health matters and sometimes self-help alone is not enough. What is also helpful, if you think this is hard, is to think of someone you admire who succeeded, sometimes against the odds, that you would see as a role model. Yes, goals need to be realistic, however, we are often capable of more than we give ourselves credit for, so if you are going to dream, dream big and see where those aspirations take you and remember, if you need help ask, we all need help sometimes.



Produced by COPE Scotland
www.cope-scotland.org
@COPEScotland



Funded by Glasgow
Communities Fund

GOAL SETTING SNAKES AND LADDERS

We may have a memory as children of playing that well known game Snakes and Ladders? This is a variation on that theme looking at the steps we need to take to achieve our goals, the possible obstacles we may encounter, how to overcome them and the reward for each step.

- This tool is part of a variety of tools aimed at helping us solve what can sometimes be the complex puzzles which are our own lives. This one has a focus on steps to achieve goals and works well when used with the Jigsaw lid and getting back your oomph workbook all available for FREE on the COPE Scotland website www.cope-scotland.org

HOW TO USE

- If using a hard copy please write your goal in the section of the poster relating to your goal, ideally in pencil so you can rub out and use the poster again, so being kind to the environment
- There is also an editable version on www.cope-scotland.org and instructions below on how to edit if doing an e version
- Take time to think about what are the steps you need to take to achieve your goal and write these in the space in the poster
- Then for each step think what obstacles you may encounter and add that in the section on what may hold you back
- Having identified what may hold you back, then think, what can I do to overcome that obstacle? and add that in the space provided
- We all need some motivation, so think about the rewards you can have when you take each step and add that in the rewards section

The poster is a motivational tool to help you plan the steps you intend to take towards a goal which has meaning for you. These are some useful tips for goal setting:

IS IT YOUR GOAL?

Might sound obvious BUT achieving goals takes motivation and if it's not really a goal you would choose for yourself then it's hard to get motivated so make sure any goal you set is your goal and something you really want to achieve.

IS IT REALISTIC?

Now there is always a balance between confidence and having a go and not setting yourself up to fail, we can all set goals which are set so high they are unobtainable and then we feel disheartened, so once you decide on your goal maybe ask advice from others who can help you achieve it or a step towards it as sometimes it's wee steps which get you there, dream big and go for it while balancing that with not putting yourself under undue pressure.

TIMELINE

Moving from dreaming to having dreams come true requires more than talk it requires action, having a timeline helps achieve goals as it focuses you on what you need to do within a specific time. Now it may be a big goal, no problem, just break it into smaller goals each with their own timeline.

HAVE A GOAL BUDDY

Having someone to share your goals with can help motivation, also it means there is someone who you can keep up to date with progress which helps in making sure you keep to your timeline. This is a buddy, someone to offer support and encouragement.

DON'T FEAR TO FAIL

We all fail all the time, we learn from what didn't work to try again, so don't worry if it all doesn't go to plan first time, review the plans for next time.

GET ADVICE


There are so many agencies, groups, and maybe people you know who can help you set and take steps to achieve your goals so find out what and who is in your area that can help you achieve the goals which are important for you.

FOCUS ON THE POSITIVE

Imagine how good you will feel even taking steps towards your goals, believe they can be achieved and see it in your mind's eye how good that will be, remember, success isn't measured by the position we achieve but the obstacles we overcome seeking to achieve.

This tool is for wellbeing promotion, if you are struggling with any issues just now, please speak to someone, you matter.

Produced by COPE Scotland, inspired by Snakes and Ladders

 @COPEScotland | www.cope-scotland.org





MY GOAL

FINAL STEP

MY REWARD

4TH STEP

MY REWARD

3RD STEP

MY REWARD

2ND STEP

MY REWARD

1ST STEP

WHAT MAY HOLD ME BACK?

I WILL OVERCOME THIS BY...

WHAT MAY HOLD ME BACK?

I WILL OVERCOME THIS BY...

WHAT MAY HOLD ME BACK?

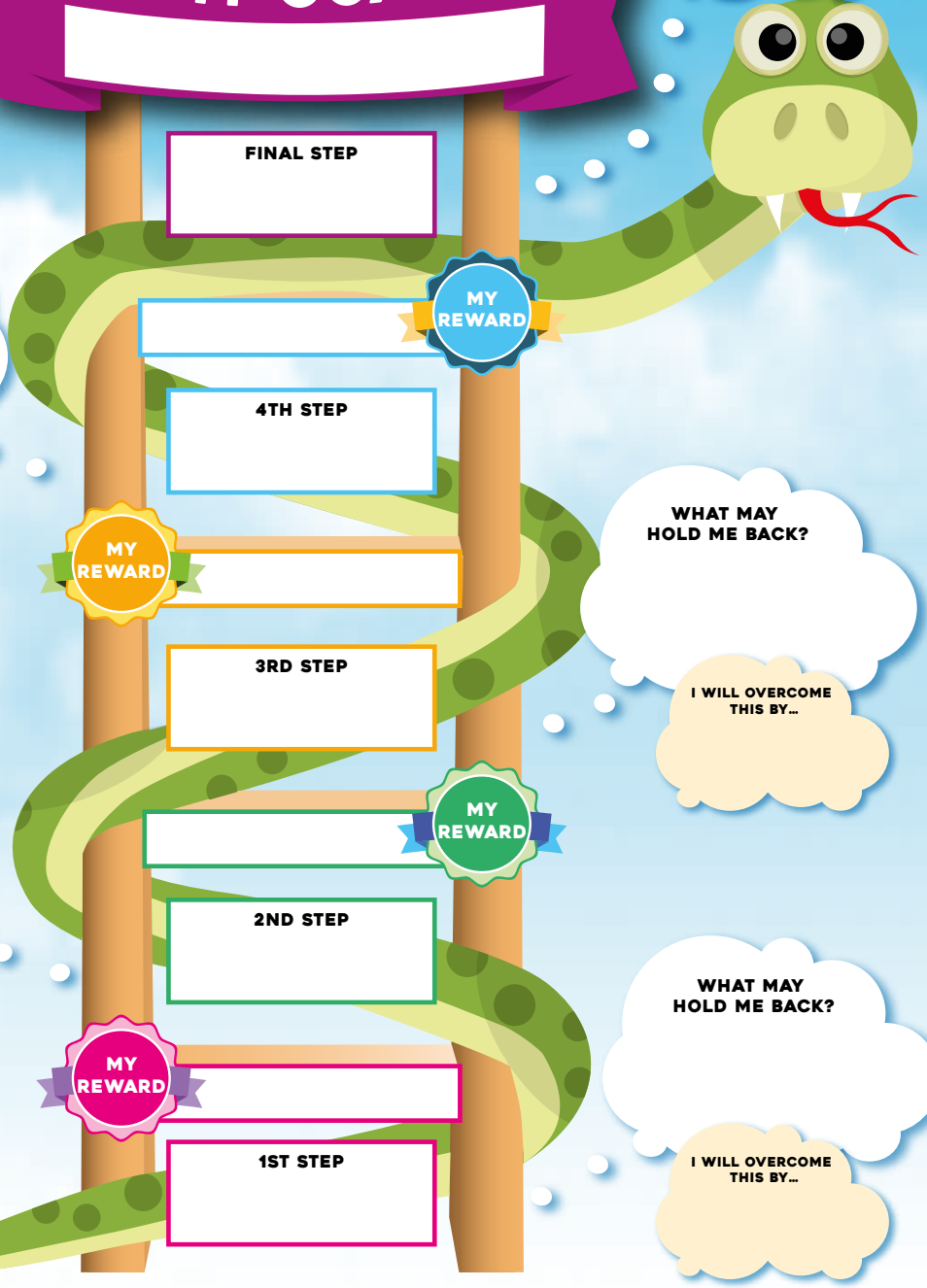
I WILL OVERCOME THIS BY...

WHAT MAY HOLD ME BACK?

I WILL OVERCOME THIS BY...

WHAT MAY HOLD ME BACK?

I WILL OVERCOME THIS BY...



Wee steps can make a **big difference**

Tips for journaling



What is journaling?

There are many kinds of journals. The tips here are for journaling which can help setting goals to support wellbeing and capture your own thoughts in a way which helps you get to know yourself better. Journaling means writing down how you are feeling, or what you are thinking. When we put pen to paper and see something written before us, it can often make it easier to understand what we are thinking and may help us begin to work through what we need to do to help regain a sense of balance and wellbeing.



Journaling in therapy

Some people experiencing particular challenges e.g., around trauma may find journaling useful. However, please note, this is something best done with professional support. Using journals for some lifestyle changes or choices, or for improving is something which we can do ourselves. Using journaling in a therapeutic way can bring up many emotions and feelings and it's important you have appropriate support from someone who is qualified and experienced enough to help you work through this.

Journaling and goal setting

How often do we say, we want to be happier, more confident, feel better? But what does that actually mean? What would we be doing, saying, thinking, how would we be responding to others and situations in our life if we were happier, more confident, felt better? Journaling is a way to help us to look at where we are now, and where we want to be, it can also help us plan and keep a record of our progress towards achieving what matters to us in a way we can see, touch, feel, measure.

Making journaling a habit

The more we journal, the more we may find it useful in helping us to achieve our goals. These can be, around improving wellbeing, planning for a career change, moving to a new house, moving to a new country, dealing with a problem or challenge, understanding ourselves better. Whatever the goal is we have decided will be better for our lives. However, this takes time and a change in our routine to make time for this to become a regular part of our day.

From journaling to action

Most of us, if not all of us can usually offer many reasons why something didn't happen. Or feel defensive if perhaps someone says something which to them was neutral, but triggers something in us we react to and maybe even feel hostile about. In journaling we may find we write something which requires us to take a step back and think 'oh, okay, may be I do have more choices and have used excuses, or blame to stay stuck.' Remember, if you have something which you need to work through seek counselling. These tips are for self-management. To help 'own it' use 'I' as in 'I feel' 'I think' 'I want' also to help us move towards what we are wanting to achieve, use terms which suggest it's happening now e.g. 'Now I am visioning this great new job and how much more valued I feel, I am so excited.' Making your dreams come true needs action, so after each session capture even in a couple of sentences, how you feel after doing your journaling today and what action or next steps you plan to take towards the vision you want to achieve.

Journaling and motivation

Working towards change does take effort, and sometimes we may feel we can't be bothered, it's too hard, it's not happening, another challenge has cropped up. Our journals are a reminder of how far we have come, why we are doing this and can also capture what we learned to overcome when our motivation slipped. We don't have to do it all at once, and we don't have to have it all done by tomorrow. Small measured considered steps help us work towards what we want to achieve at our pace. Our visualisations when captured in our journal offer us something to reflect on why the effort just now matters and what the benefits shall be for the future.

Visualisation and journaling

To help clear your mind so you can focus on what you want to visualise you may want to try some relaxation techniques or some breathing exercises. Find one which works for you. These are two examples <https://www.youtube.com/watch?v=jI6-JIDiojQ> and <https://www.youtube.com/watch?v=FpQ-R8CgQ5A> Even 5 or 10 minutes a day can make a big difference over time. Do this before you journal or visualise in your mind the change you want to see. It may be you are enjoying packing up to move to a new home, picking colours for the décor. It may be you have moved on from a relationship which was not healthy for you. You see yourself free, confident, making the choices which matter for your wellbeing. The focus is one of positivity, imagine it like a film of how you want your life to be as if it was already happening. The using the senses to relax video is helpful in becoming aware of all of our senses so when we visualise the way we want our life to be we can add as much detail as possible. Which we then capture in our journal. Imagine you have succeeded, what that looks like. This is why setting goals for what we want to achieve matters so we set goals which are achievable and something we can see ourselves working towards.

Writing as a meditation

Some people may call it journaling, some may call it meditation. There are many kinds of meditation, there is meditation associated with Mindfulness. You may find this site useful www.freemindfulness.org/download However, there is also a form of meditation called visualisations meditation. Journaling can be used as a tool to help support this.

Tips for journaling time

Make time where you can do this without being distracted or concerned someone may see what you are writing. Your journal is private, it's yours. Even in therapy you may discuss if you want, what is in your journal, but you don't feel obliged to hand it over. This is your private space where you can write what you are thinking and how that makes you feel. Try and build in time each day not only to write in your journal, but also to have the space to read, and reflect on what you have written. There are many ways to journal, find a way that works for you. If you are using journaling therapeutically don't feel you need to write about the traumatic event, it's your journal, it's about what is right for you in this moment.

Tips for journaling purpose

Take some time to think what it is you want to write about, what is it you hope to achieve and take time to do this. If when you write it down it doesn't look right, no problem change it, the clearer we are on what we want to move towards the more energy we have to invest in taking those steps. This is why making space to feel calm and visualise the outcome you are seeking matters. Don't worry if at times your mind and your writing wanders, that's always something to be curious about later. This is why building in space to reflect matters and learning to be mindful so we can respond to what we see written in a way that is helpful for us.

Produced by COPE Scotland
www.cope-scotland.org
@COPEScotland



Funded by Glasgow
Communities Fund

COMPASSION FATIGUE

The COVID-19 pandemic has been an experience few of us have ever had before, and one which resulted in such significant changes not only in our working lives, but personal lives. Nurses and midwives by the very nature of our profession are exposed to the suffering of others. In addition, we may have our own caring roles outside of work with a family member, including older relatives. Compassion fatigue arises when we are repeatedly exposed to others suffering in high stress environments where we are continually giving of ourselves, perhaps also working longer hours, missing holidays, not able to take time back to recharge as we feel we need to be there for others.



CARING FOR YOURSELF IN THE FACE OF DIFFICULT WORK

Our work can be overwhelming. Our challenge is to maintain our resilience so that we can keep doing the work with care, energy, and compassion.

10 things to do each day

1. Get enough sleep.
2. Get enough to eat.
3. Vary the work that you do.
4. Do some light exercise.
5. Do something pleasurable.
6. Focus on what you did well.
7. Learn from your mistakes.
8. Share a private joke.
9. Pray, meditate or relax.
10. Support a colleague.

**For More Information see your supervisor or visit www.istss.org,
www.proqol.org and www.compassionfatigue.org**

© Eastwoods, LLC, 2020. Authors: Beth Hudnall Stamm, Craig Higson-Smith, Amy C Hudnall and Henry E Stamm, IV 2004-2020.
This card may be freely copied and distributed as long as (a) authors are credited, (b) no changes are made, and (c) it is not sold.

FOCUSING YOUR EMPATHY

Your empathy for others helps you do your job. It is important to take good care of your feelings and thoughts by monitoring how you use them. The most resilient workers are those that know how to turn their feelings to work mode when they go on duty, but off-work mode when they go off duty. This is not denial; it is a coping strategy. It is a way they get maximum protection while working (feelings switched to work mode) and maximum support while resting (feelings switched off-work mode).

How to become better at switching between Work and Off-Work Modes

1. Make this a conscious process. Talk to yourself as you switch.
2. Use images that make you feel safe and protected (work-mode) or connected and cared for (non-work mode) to help you switch.
3. Develop rituals that help you switch as you start and stop work.
4. Breathe slowly and deeply to calm yourself when starting a tough job.

Vicarious traumatisation can occur also, when we are repeatedly exposed to others' trauma. Vicarious traumatisation and burnout may have similar symptoms, but they are different. One relates to being exposed to others' trauma, the other to stress and increasing workloads.

This wee resource doesn't seek to replace professional advice, so please, if you are feeling overwhelmed at this time, it is natural and speaking to someone about how you are feeling is important. The following offers some other resources which may be helpful around compassion fatigue.

Professional Quality of Life Scale ProQOL

The ProQOL is the most commonly used measure of the negative and positive effects of helping others who experience suffering and trauma. The ProQOL has sub-scales for compassion satisfaction, burnout and compassion fatigue. proqol.org/proqol-measure

Capacitar healing ourselves, healing our world

Capacitar has responded to global disasters developing a kit of basic practices for immediate use to help people deal with challenging situations. The kit has been translated into more than 30 languages and used around the world after tsunamis, earthquakes, floods, pandemics, in areas of ongoing conflict and for daily stress. Please visit www.capacitar.org where you will find:

CAPACITAR
EMERGENCY KITS
AVAILABLE IN
30 LANGUAGES

WELLNESS
BULLETINS

PRACTICE
TECHNIQUES BY
VIEWING
CAPACITAR
YOUTUBE
VIDEOS



CAPACITAR
SCOTLAND



Capacitar

“to empower, to encourage, to bring forth”

Logo: This is from a pre-Colombian design of the lotus, an image of enlightenment in many cultures. The image symbolizes people coming to life - rooted to the energy of the earth, with arms raised to the energy of the heavens, hands joined in solidarity around the world and the seed of life growing within.

Vision: The vision is to “heal ourselves and to heal our world” by teaching simple body based wellness practices that lead to wholeness and peace in the individual and in the world.

Since 1988 Capacitar has worked with children and families in local and international communities across 35 countries.

- Capacitar is a program in multi-cultural wellness education for women, men and children.
- Using popular education methods Capacitar provides tools for people to empower the ‘instinct to heal’ in themselves, their families and communities, transforming ‘wounds into wisdom.’
- Capacitar teachers ‘body literacy’ awakening people to their own source of strength and wisdom that enables personal healing: physically, emotionally, psychologically and spiritually.
- Simple wellness energy practices serve as valuable tools to help people acknowledge, heal and transform the stress, anxiety, trauma and violence within their lives; this enables them to experience wholeness within body, mind and spirit.
- Between 2008-2021, 210 women and men in Scotland had been trained by Pat Cane, the founder of Capacitar International. At age 80, she is now mentoring local certified trainers around the world.
- The professional and voluntary work of those trained in Scotland includes caregiving, community outreach, ministry to the elderly, work with children including those with learning and behavioural challenges, work with poverty, physical or mental health issues, abuse, trauma or violence.
- Many of these practitioners in health, education, healing, psychology, social work and spirituality have introduced the practices into their organisations, sharing them with their colleagues as well as using them with the people in the community with whom they work, thus
- At a time of global trauma and challenge, it is the hope of Capacitar that it can bring hope and healing not only to the local community but also to the larger world.

Capacitar wellness practices include:

Tai Chi

Visualization

Hand Massage

Energy Exercises

Acupressure

Finger Holds

EFT Tapping

Listening Skills

Breathwork

YouTube videos of all of the practices can be found here: [Capacitar International YouTube Videos](#)

Capacitar UK: capacitaruk.org

Capacitar International: capacitar.org

Are you interested in receiving the Capacitar Scotland Newsletter?

Capacitar Scotland email: capacitarscotland@gmail.com

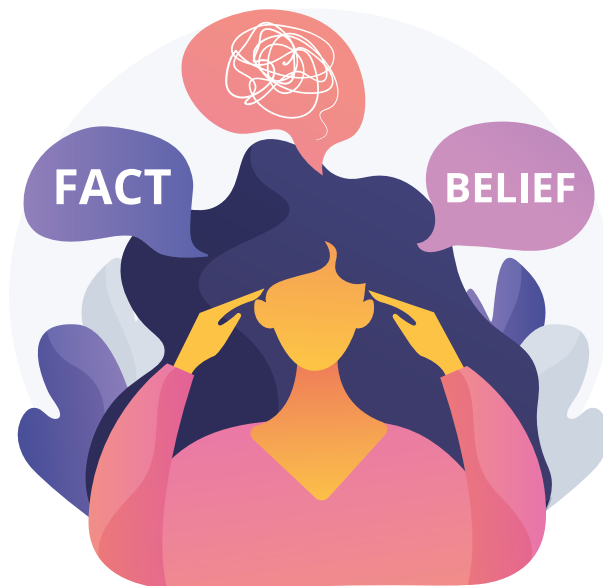
MANAGING GUILT

As shared the resources on this website do not replace professional advice. The tips here are points of reflection around guilt. An emotion which can drain our energy significantly and get in the road of us making time for our own wellbeing.

There can also be what is known as survivor's guilt. This happens when someone believes they have done something wrong by surviving a traumatic event when others died or were seriously injured. This can happen in any traumatic situation, a car accident, war, a house fire. However, we want to mention this in particular around COVID-19. This is an infectious virus, however, even when we do everything we can not to contract it, or infect someone else, no matter how careful we are, there is still a chance this may happen and we need to know, it was not our fault. We need space to talk to someone about how we feel and to share these thoughts as they can leave us feeling anxious, unable to sleep, tearful, nauseous and a whole range of other negative feelings and thoughts.

It may also be because we haven't been adversely affected by COVID-19 we find we feel guilty about the number of people who are falling ill or dying, or businesses collapsing, or people losing their job, or charities not able to secure funds from usual sources putting more adverts on television of people and animals suffering. When already experiencing compassion fatigue as a result of our work experiences, being exposed to further images of suffering can be very overwhelming.

A challenge with guilt, can be, it can get in the road of feeling happy, as you feel, if everyone else is miserable, then it's not right I am not miserable. It's great that we are finally getting to a point in mental health awareness when we can share when we are not okay, and that's okay, however, it's also really important to remember if you actually feel okay, that's okay too. We mention this as it matters you know, working towards feeling better within yourself is allowed and you don't let guilt get in the road of the journey back to your own wellbeing. Learning to feel good about ourselves can help us make decisions which shows we care about ourselves too.



Feeling good, being me

- * Use a kinder inner voice
- * Decide whose opinion really counts
- * Accept things don't always go to plan
- * Learn from mistakes, they happen
- * Love all of you, strengths, and weaknesses
- * Believe you deserve to be happy
- * Make time to pamper yourself
- * Use positive words to describe yourself
- * Find positivity in all you do
- * Don't let fear get in the way of your dreams



To me,

This is to remind me, I can make changes if I choose to, which are good for my wellbeing and I have the right to make my own plans and have my own dreams. On I made a promise to myself to:

.....

.....

.....

.....

Even if I forget, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps, no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx

“Owning our story and loving ourselves through that process is the bravest thing that we’ll ever do.”

- Brené Brown



www.cope-scotland.org

[@COPEscotland](https://twitter.com/COPEscotland)

wee changes can make a **big difference**

tips for dealing with guilt

If thinking of suicide talk to someone now

Guilt and shame can lead us to thoughts of suicide, if you are thinking of suicide, please talk to someone. The Samaritans **Tel: 116 123** are there 24 hours a day 365 days a year

Guilt linked to other health conditions

There are some conditions e.g. OCD (Obsessive Compulsive Disorder) that can produce many challenges for people in relation to their tolerance of feeling guilty and their sense of what they are and aren't responsible for. If this is an issue for you please do speak to someone. The OCD action helpline may be a good place to start **0845 390 6232**

W: www.ocdaction.org.uk The following tips are for self-management not a replacement for professional intervention.

Healthy guilt

Yep, sometimes it is healthy guilt, it's that wee feeling we get when we know what we have done or said wasn't appropriate. We all at times act in a way we later regret. Guilt is a way of helping us learn to do better next time. Accepting we need to make amends, saying we are sorry without trying to make up an excuse for our behaviour can help us learn and move on and maybe if we do better next time others will accept our apology. The main thing is learn an apology means nothing if we keep doing the same thing.



Let it go

Sometimes we make a mistake, we try and make amends and others say they forgive us but then keep casting it up. When we accept someone's apology that's it, the apology is accepted. If you find someone won't let it go, no matter how much you have tried to make amends, then maybe you need to see what you need to let go of. We cannot change others' behaviour only our own.

Guilt and grief

It is natural to experience guilt on the death of a loved one, or someone we knew. This can be very complex from regret we hadn't said or done something differently, or regret we had said or done something, we would now love to take back and can't. Sometimes even self-blame, thinking we could maybe have done something to prevent it. Grief is complex and each of us experience it differently. Talk to someone about how you are feeling, this may be a friend, or colleague or seek support from a service if that may be most helpful for you. This maybe a useful site to visit **www.mygov.scot/bereavement-support**

Unhealthy guilt

This is more complicated and it's when we feel way more responsible for a negative situation than we should. We may not even have had any control over what happened, but somewhere inside we feel we could have done something to prevent it, even when in reality there was nothing anyone could have done.

Survivor's guilt

Sometimes when we are doing okay but someone else isn't we feel survivor's guilt. This can be from being the sole survivor of a car crash, to perhaps even feeling bad you have plenty of food when others are using foodbanks. So, you feel the need to keep giving things away, but no matter how much you give, another advert on tv of people or animals suffering, or another news story of injustice and those feelings come back, a constant reminder of the pain in the world. You are not responsible for this. Be kind to yourself, others and the planet, and if you can't do good, try and not do harm. This is all any of us can do.

Behaviour

If you find you keep apologising for the same thing, maybe you need to understand the behaviour which leads to an apology in the first place e.g. hurting someone's feelings. Learning more about ourselves and how we relate to other people may be a good place to start. Sometimes CBT or learning more about our emotions can help. These links may be useful www.moodcafe.co.uk/free-online-behavioural-therapy.aspx.alison.com/course/develop-your-emotional-intelligence.



What's in our control versus what we would love to control

A huge part of managing guilt is recognising what's within our control and what is beyond it. It's also important to remember while yes, we are responsible for children or vulnerable people in our care, we are not responsible for everyone's happiness. Kind people often don't want to offend so don't put their needs first. Don't allow others to manipulate you with guilt, learning assertion can help with this www.openlearningworld.com/innerpages/Assertiveness%20Training.htm

Make a forgiveness affirmation jar

How we talk to ourselves plays a huge part in how we deal with guilt. We are all different and have different reactions to situations, some people are very good at putting the blame onto others, or saying 'not my problem' some people feel the pain of the world intensely and feel they are to blame for it all, which they are not! An affirmation jar can help change the internal script to one which is kinder and more forgiving. Learn to forgive yourself.



Challenge your own rule book

We all have standards we try and live our lives by, check your standards are realistic. Sometimes guilt comes from not meeting our own standards. However, if those standards were a challenge for anyone to live up to all the time? Eventually you may find you don't meet them either, you are only human. Challenge the rule book of your life. Being kind to others is important, make sure and make time in there for you too. Please remember, you will make mistakes, we all do; you will have regrets, we all do. Don't let mistakes and regrets from the past hold you back from a better tomorrow, learn to say sorry, learn to forgive yourself, learn to make amends and move on. If you need help to do this, speak to someone.



Produced by COPE Scotland
www.cope-scotland.org
@COPEScotland



ANXIETY AND LOW MOOD

Signs of compassion fatigue can include:

- Exhaustion and no energy, both physically and mentally
- Feeling sad and finding no pleasure in things you used to enjoy
- Wondering what it's all about and questioning the meaning of life
- Depression
- Anxiety
- Finding it hard to concentrate
- and more...

Signs of burn out can include:

- Exhaustion and no energy, both physically and mentally
- Dreading going to work
- Feeling apathetic about helping others
- Constant dread or panic about work
- Loss of appetite
- Loss of sleep
- Increased anxiety and depression
- And more...



This booklet doesn't seek to diagnose or replace professional advice. It aims to raise awareness of things to consider and places to contact which may help, as well as some self-care and self-management ideas.

When we are exhausted, it is hard to find the energy to do things, yet despite this, as they say, the show must go on! Therefore, finding ways to recharge our batteries matter as well as exploring ideas which can help lift our mood and reduce our anxiety. Capacitar have produced many body-based self-care practices, some of which are shared in the following pages. As well as a tips sheet on recharging your energy levels produced by COPE Scotland.



Capacitar Practices to Transform Anxiety and Fear & Boost the Immune System



At this time of global pandemic with the Covid-19 virus and with economic insecurity around the world, Capacitar will offer some simple healing practices to boost the immune system, to transform feelings of anxiety and fear and to connect with inner wisdom and resources so we can reach out as persons of light to our families and communities. In each moment we have a choice: to react with negative energy and panic or to see the reality of the times choosing a positive response or action to transform the energy of the moment.

For more resources: www.capacitar.org Capacitar International YouTube videos of the basic practices.

Fingerholds:

This practice is a simple way to reconnect with inner wisdom and to transform strong feelings. Often we judge emotions as “good” or “bad” rather than recognizing them as wise messages from the body guiding us in our response to challenges, dangers or people in our environment. With overwhelming feelings, energy can become blocked or repressed, resulting in pain or congestion in the body. Holding each finger for several minutes while breathing slowly and deeply can release and balance pent up feelings.

The following emotions are associated with each finger.

- Thumb**—tears, grief, sadness, emotional pain
—transforms to wisdom and compassion.
- Index Finger**—fear, panic, terror
—transforms to courage and clarity for action.
- Middle Finger**—anger, rage, resentment
—transforms to focus, action and passion.
- Ring Finger**—anxiety, preoccupation and nervousness
—transforms to peace and strength.
- Small Finger**—lack of self-esteem, victimhood
—transforms to self-esteem and empowerment.
- Center of the hand**—peace, harmony, balance, wellbeing.

To Ground & Center: Hold fingertips together, cross the ankles and breathe deeply to center and ground yourself when feeling overwhelmed.



You can download Capacitar’s Emergency Kit available in over 27 languages from www.capacitar.org.



Acupressure for Anxiety & Fear:

These points held gently while breathing deeply can release congested energy and alleviate pain and strong feelings.

Anxiety Point in the Outer Wrist

Press the point in the indentation on the outside of the crease of the wrist, down from the small finger.

Fear Points by the Arm Socket

Cross your hands in front of the chest and with the fingertips locate the points in the sensitive areas in the outer part of the upper chest near the arm sockets. The points help alleviate feelings of fear as well as chest-lung congestion. These points can also be tapped like a butterfly to calm and soothe oneself.



Immune System Boost

These points boost the function of the Immune System to strengthen natural resistance.

Elbow Points

With the index fingertips press the points on the outer creases of the elbows.

Chest Points

Press the points under the heads of the clavicles on both sides of the sternum.



Capacitar Practices to Transform Anxiety and Fear

EMOTIONAL FREEDOM TAPPING



At this time of global pandemic with the Covid-19 virus and with economic insecurity around the world, Capacitar will offer some simple healing practices to boost the immune system, to transform feelings of anxiety and fear and to connect with inner wisdom and resources so we can reach out as persons of light to our families and communities. In each moment we have a choice: to react with negative energy and panic or to see the reality of the times choosing a positive response or action to transform the energy of the moment. For the Capacitar Emergency Kit: www.capacitar.org or Capacitar YouTube channel.

Emotional Freedom Tapping, adapted from the work of Roger Callahan, PhD (TFT), Gary Flynt, PhD, Gary Craig, PhD, and Dawson Church, PhD (EFT), is very useful for unblocking and healing strong emotions, fears, anxiety, emotional pain, anger, traumatic memories and addictions, as well as for alleviating body symptoms and pain. The technique is based on energy field theory, along with meridian theory of Eastern medicine. Problems, traumas, anxiety and pain can cause a block in the healthy flow of energy. Tapping or pressing points on channels or meridians of energy can help move blocks in congested areas to promote health and wellbeing for people with anxiety, panic and fear, as well as physical symptoms from the virus. The practice also can be done without thinking of an issue. Just tapping can help to release and balance the energy of the body. With children, tapping can be done like a game to calm and balance.

Practice:

- **Think of an issue to work with and measure your anxiety level.**

Choose to work with a problem, worry, fear, anxiety, traumatic memory or body pain. Using a scale of 0—10, measure the level of anxiety that you feel when thinking about the issue. (0 means no anxiety, 10 means extremely high level of anxiety). If it is difficult to measure with a number, use a simple scale such as: (none, small, medium, large) or (big to little) or (tall to short). Often people who have suffered great anxiety, fear or trauma believe that they will never change. The reason for measuring the anxiety level is to show change that results from the tapping exercise.

- **Tap the following sequence of Points 9 to 12 times with your index & middle fingers.**

- #1 Points above where the eyebrows begin (crisis, frustration, and trauma)
- #2 Points at the sides of the eyebrows (anger and rage)
- #3 Points below pupils of eyes on the bones (guilt, anxiety and addiction)
- #4 Point under nose (crisis, trauma, dizziness, hypertension, epilepsy)
- #5 Point under the lips on the chin (shame)
- #6 Points under armpits (about 4 inches below) (crisis, anxiety and trauma)
- #7 Points below clavicles on either sides of the sternum. (fear, anxiety, crisis)

- **Tap the point at the side of the hand below the small finger and say 3 times:**

“In spite of the fact I have this problem I’m OK, I accept myself.” (Or some appropriate phrase)

- **Repeat the tapping and hand sequences:**

Repeat the sequence until your anxiety level is down to 0-2.



Afghanistan youth



Japan tsunami survivors



Capacitar Practices to Transform Anxiety and Fear Centering & Protection



At this time of global pandemic with the Covid-19 virus and with economic insecurity around the world, Capacitar offers simple healing practices to boost the immune system, to transform feelings of anxiety and fear and to connect with inner wisdom and resources so we can reach out as persons of light to our families and communities. In each moment we have a choice: to react with negative energy and panic or to see the reality of the times choosing a positive response or action to transform the energy of the moment.

For the Capacitar Emergency Kit (in 27 languages): www.capacitar.org or for short videos of the practices see the Capacitar International YouTube channel.

Centering is an important skill for everyone, especially when feeling out of control or experiencing strong emotions. Persons who deal with daily stress or violence are often scattered and unable to focus. Breathwork or abdominal breathing can be used to reconnect with the center. Normally energy flows in the left side of the body, circulates and then flows out the right side. With violence, anger or fear, one's energy can be easily scattered or unbalanced. At this time, living with fear and anxiety everywhere around us can be very draining. Often when listening to a needy person, being in a negative environment or hearing negative news, energy can be drained or scattered. Usually the other person who has vented feels better after the exchange, while the listener has absorbed their problems and negativity, feeling "burnt out" or exhausted by the experience.

Practice:

To protect yourself, to create boundaries, and to better focus and contain your energy, sit with crossed ankles and put your fingertips together. Or you can rest your hands lightly on your abdomen. Breathe in deeply through the nose and imagine that you feel your breath going into a center deep within your abdomen. Exhale very slowly through the mouth and gently let go. With this practice you can be present to yourself in the moment, as well as listen deeply to another person. Centering can help those who accompany others to be a witness to their pain, rather than being a "sponge" absorbing their problems.

Centering Meditation:

The following meditation can be done in silence or with music. Sit in a comfortable position, cross your ankles and put your fingertips together. Breathe in slowly and deeply. Imagine that you are able to breathe in and rest in a safe place deep within yourself. Rest within your center and feel a deep sense of peace, safety and relaxation. Enjoy this place for a few minutes, fully alive to yourself, focused and aware of all that is happening around you. Try to stay centered in your daily life, and when challenges arise, use deep breathing to return to your center and to connect with your inner wisdom.

Protection and Boundaries:

Often our energy is scattered because we don't have clear boundaries or we lack a sense of inner strength and protection. From the centered position, imagine that you can radiate out around you a circle or egg of light that is strong and vibrant to protect you. You can imagine that the radiant light is a color, like gold or white or rose. Nothing can penetrate this radiant light, but you can send love and compassion to others, seeing clearly the reality of the moment.





Capacitar Practices to Transform Anxiety and Fear Switching for Focus & Clarity

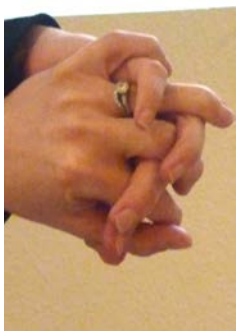


At this time of global pandemic with the Covid-19 virus and with economic insecurity around the world, Capacitar offers simple healing practices to boost the immune system, to transform feelings of anxiety and fear and to connect with inner wisdom and resources so we can reach out as persons of light to our families and communities. In each moment we have a choice: to react with negative energy and panic or to see the reality of the times choosing a positive response or action to transform the energy of the moment. For the Capacitar Emergency Kit (in 27 languages): www.capacitar.org or for short videos of the practices see the Capacitar International YouTube channel.

The following exercise—Switching—is adapted from the work of Brain Gym and is very effective in helping a person to connect with their center, to release strong emotions and to focus with clarity.

Sit comfortably and breathe deeply into your center.

- Cross your left ankle over your right ankle.
- Extend your hands forward and turn your hands over so that the thumbs are directed toward the ground.
- Cross your right hand over the left hand; interlace your fingers.
- With interlaced fingers touch the center of your chest.
- Close your eyes, breathe deeply and relax your entire body. Imagine that you are able to drop down deeply into the center of your being. (You can imagine a center beneath your navel in the middle of your abdomen. For the people of China this center is called the Dantien. For the people of India this center is the Hara.)
- Relax your tongue in the roof of your mouth with the tip of the tongue touching behind the upper front teeth.
- Breathe deeply and let go of all thought. Rest in stillness and deep peace for several minutes.
- After several minutes relax your hands into your lap. Breathe and slowly open your eyes.
- Stretch your hands and arms and gently tap your head to stimulate your brain and energy.



Switching is a very beneficial exercise to calm and center oneself; to use before meditation for centering; to lighten depression and anxiety; and to focus the mind and spirit. When working with individuals or groups, the practice helps to calm and settle a person before therapy; or helps to focus people who are having flashbacks, strong memories and emotions of fear and anxiety. With children the practice can be adapted as a game, or used in the classroom to focus before study or taking an exam. Switching is also helpful with insomnia and can be practiced lying down or done in bed before sleeping.





Capacitar Practices to Transform Anxiety and Fear Hand Mudras for Protection



At this time of global pandemic with the Covid-19 virus and with economic insecurity around the world, Capacitar offers simple healing practices to boost the immune system, to transform feelings of anxiety and fear and to connect with inner wisdom and resources so we can reach out as persons of light to our families and communities. In each moment we have a choice: to react with negative energy and panic or to see the reality of the times choosing a positive response or action to transform the energy of the moment. For the Capacitar Emergency Kit (in 27 languages): www.capacitar.org or for short videos of the practices see the Capacitar International YouTube channel.

Hand Positions for Protection (mudras) have been used by the people of India for thousands of years to awaken positive attitudes, spiritual strength and inner wisdom. The following positions develop a sense of safety and protection when faced with external dangers, violence or disasters. They help you to deal with negative people or situations. They empower you when feeling overwhelmed by negative self-talk, stressful memories of the past or the reality of the moment.

For Protection from External Dangers

Place your thumbs on the second joint of your ring fingers and form fists with the other fingers. Cross your right arm over the center of your chest (the heart center), with your fist at the level of the shoulder. Cross your left arm over the right forming a shield of protection from external dangers, disasters or violence. Breathe deeply into your abdomen and down into your pelvis. Feel grounded, focused and connected to your deep inner wisdom knowing how to appropriately and quickly respond to any crisis or stressful situation. When centered, you have the security and strength to handle any challenging situation.



For Protection from Negative People or Environments

Raise your hands in front of your chest with fingers extended upward and palms facing each other. Cross your right hand over your chest (heart center) with fingers at shoulder level. Cross your left hand over your right, palms facing outward, forming a shield of protection in front of your heart. Breathe deeply into your center and feel strength, courage and healthy boundaries in the face of negativity or stressful situations around you. This position develops a sense of protection and safety from the negative energy projected by others or from negative environments. You can stay peacefully centered with strength and confidence in the midst of challenges.



For Protection from Negative Thoughts within Yourself

Often when we live in times of anxiety and fear, negative self-talk comes to us. This practice protects us from ourselves. With palms facing upward, interlace your fingers. Close your hands and place your right thumb over your left. Hold your joined hands in front of your body at the level of the solar plexus, your center of power. Breathe deeply into your pelvis and solar plexus connecting with your inner wisdom and power, gently breathing out the negative images. Rest within your true self, knowing that the limiting thoughts and negative ideas are from the past. You know who you really are beyond the negative thoughts and they no longer have power over you. Feel safe and confident, strong and peaceful within yourself.



Resting in your Safe Place

Place your right hand over your heart center, and your left hand over your right. Relax your head and shoulders surrendering in the present moment. Breathe deeply into your heart center open to the love and wisdom within you. As feelings emerge, see all with self-compassion and surrender to the higher wisdom guiding you.





Capacitar Practices for Children & Families



With Covid-19 and the shelter at home mandate, many people are dealing with home schooling of their children while at the same time working full time from home. Some of the Capacitar practices can be very helpful when children have meltdowns or can't concentrate on their lessons or express strong feelings of fear, anger or anxiety. These are also helpful for physical symptoms such as chest congestion, headache or stomachache. The practices are also useful for parents when overwhelmed during moments of impatience or anger when having to keep the peace and harmony of the family.

The Capacitar for Children Manual is available on our website store in several languages. For more resources: www.capacitar.org and the Capacitar International YouTube videos of the basic practices.

Acupressure Points for Children & Families

These points held gently while breathing deeply can release congested energy and alleviate pain and strong feelings.



To Release Feelings of Anxiety

Press the point in the indentation on the outside of the crease of the wrist, down from the small finger. This point helps to calm oneself and to manage anxiety.



For Fear & Chest Congestion

Cross your hands in front of your chest and with the fingertips locate points in the sensitive areas near the arm sockets. The points help alleviate feelings of fear as well as chest or lung congestion. These points can also be tapped like a butterfly to calm and self-soothe.



Head Hold to Calm & Release Headaches

Place one hand gently across the forehead and the other hand over the base of the skull. The Head Hold helps to alleviate headaches and to calm oneself or another person in moments of strong feelings or overwhelm.



For Overwhelm & Stomachache

With the fingertips hold the points under the cheekbones. If seated, you can lean forward on the knees or onto a table. Hold these points while breathing deeply imagining that all the feelings of overwhelm leave the body.



For Shoulder Pain and To Release Worry

With your fingertips or palms gently hold the shoulders (or you can cross your arms if that is more comfortable). Breathe deeply and slowly to release pain or to let go of feelings of overwhelm and burdens of life. This area of the body is called "excess baggage."



To Calm & Stabilize Oneself

With the tip of your index finger, gently press the point under the nose on the upper lip area. This point is useful for dizziness, fainting, hypertension and to stabilize oneself. It can also be done on another person.

Sea of Tranquility for Inner Peace

With the fingertips of either hand, gently press the center of the chest on the sternum while breathing slowly and deeply. This point helps to calm oneself during challenging moments, as well as for insomnia. You can visualize resting in a safe and sacred place while holding the point.



Washing the Hands with the Fingerholds

Washing the hands for 20 seconds is now a global protocol recommended by health systems in most countries where there is sufficient water for hygiene. The following Capacitar exercise can be done washing the hands and at the same time clearing strong emotions. With overwhelming feelings, energy can become blocked or repressed, resulting in pain or congestion in the body. Hold and massage each finger rubbing down through the fingertip while washing. Exhale slowly to release and balance pent up feelings.

The following emotions are associated with each finger.

Thumb—tears, grief, sadness, emotional pain

Index Finger—fear, panic, terror

Middle Finger—anger, rage, resentment

Ring Finger—anxiety, preoccupation and nervousness

Small Finger—lack of self-esteem, victimhood

To Finish: Gently wash and hold the center of the palm to calm and soothe oneself. Children can also sing a short song while washing.





Wee changes can make a **big difference**

Tips to have more energy

There can be many reasons why we may have no energy, including some health conditions, if you are concerned about your health, please speak to your GP, these tips are for self-management and don't replace professional advice.



Sleep is important

If we feel we don't have enough energy, then we need to look at our sleep habits and see if we can get into routines which work better for us. Sleep, for some, no problem, head on pillow few minutes later and, they're off! For others, sleep does not come easy and the more you think about the fact you can't get to sleep, the harder it is to sleep. However, sleeping and sleeping well are essential for our physical and mental health.

What can keep us awake at night?

There can be many reasons why we find it hard to get a good night's kip: We may work shifts, or have a young baby who needs cared for, or we may be worried about something. We may have chronic pain and it keeps us awake. We may be bored as each day feels like the day before and not much happened, so we cat nap throughout the day, then can't sleep at night. Too much sleep is also not good for us. We may be caring for someone and their poor sleep affects our sleep. We may have had an upsetting experience and are scared to go to sleep in case we have bad dreams. Where we stay may be noisy, there may be light pollution from streetlights, cars, buses. We may not feel safe to sleep. We may have had too much coffee, tea, fizzy drinks, or smoked cigarettes, or a combination of all these things. We are all unique so what keeps us awake can be unique too.

Eat a balanced diet

We wouldn't expect a car to run on no fuel, so our bodies need fuel and the right fuel to meet our body's needs, fatigue can be one of the signs of a diet which isn't balanced. This site offers further advice on the benefits of and what constitutes a healthy diet www.nhsinform.scot/healthy-living/food-and-nutrition It's also important not to become dehydrated, so make sure and drink enough water.



Being with others

Some people find being around others who are important to us can give us energy. It may be for whatever reason you haven't been able to spend as much time with people who recharge your energy, become aware of this, and explore how you can make more time for the people and activities which matter to you.

Wakening easily

Studies by Orfeu Buxton, an associate professor of biobehavioural health at Penn State University, suggest, we all have a flight or fight response, abrupt noises can wake us up and put us on full alert, if you find it hard to sleep, you will find being wakened like this can make it harder to get back to sleep. Noises like the sea are non-threatening sounds, which vary in volume so are less abrupt and more likely to lull you back to sleep. For more information on this study follow this link. www.livescience.com/53403-why-sound-of-water-helps-you-sleep.html You will also find on You tube many videos of the sea, why not check them out see if you can find one which works for you?



Specific challenges to a healthier sleep

If you have some specific challenges in your life which are affecting your sleep explore what services or opportunities are around locally which may help you address them. For example, if chronic pain is an issue, find out are there any Mindfulness courses near you, or perhaps centres which offer meditation classes. If you are caring for someone and aren't already linked into a carers' centre, find one near you and see what support there is that you can tap into. If something is worrying you, find someone to talk to and see if the problem can be solved and if not, explore things which may help you worry less. If you have experienced trauma and are having flashbacks speak to your GP about services which can help you. We often think there is no support or opportunities out there, but it's amazing how when we start to look what we can find. Check out www.cope-scotland.org 'Whit's Happening' resource mags for more info around what may be helpful for you.

Having purpose

Having a reason to get out of bed, start our day in whatever fashion that has meaning for us, to be involved in something which helps us live our values and can offer us a sense of purpose is good for our wellbeing. If you visit www.cope-scotland.org and browse the document sections, you may find various resources there which could be of interest. These include, life purpose affirmation cards, motivation workbooks, videos and more.



Self-care including self-talk!

Just like a car needs fuel it also needs an MOT and regular service. If you aren't looking after yourself, you may find there is a lot of energy going out, but not a lot of time being spent topping that energy back up. Making time to relax matters and can make a big difference. The story we may tell ourselves about how we are feeling can also impact on our energy levels.



Relax and recharge routines

We become what we do repeatedly! If we never make time to relax and recharge, then deciding to make time means a change in routine and that can sometimes be a challenge. If we find we don't have a lot of energy, then to regain energy, something needs to change. Remember, if something really matters to us, we shall try and find a way, if it doesn't, we will find an excuse! So small steps lead to bigger changes and be kind to yourself on the journey. Negative self-talk and worry drains energy, instead try, and find ways to walk on the sunny side of the street.

Produced by COPE Scotland
www.cope-scotland.org
@COPEScotland



Funded by Glasgow
Communities Fund

UNHELPFUL COPING STRATEGIES

Be mindful that we can sometimes adopt unhelpful coping strategies to manage our feelings of stress and distress. Please speak to someone if you find you are feeling challenged by unhelpful habits. The following is for information and does not replace professional advice. It aims to cover just some of the unhelpful strategies people can adopt as a result of a traumatic event, which in themselves may lead to further challenges and low mood. As well as our role as nurses and midwives, we have lives and experiences outside of work which can also have an impact on our wellbeing. During lockdown and all that happened, many people who themselves had past experience of trauma found that thoughts and feelings were surfacing again. It matters you seek help and don't adopt strategies to cope which only increase your distress long term.

Alcoholics Anonymous

0800 9177 650

Al Anon (for families affected)

T: 0800 0086 811

Al A Teen (for teenagers affected)

al-anon.org

Big Deal

Is specialist online help for young people and gambling
www.bigdeal.org.uk

Beat Eating Disorders

www.beateatingdisorders.org.uk

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

Kinder Stronger Better

This website has been developed for and by members of the Glasgow LGBTQ+ community and substance use professionals to provide information and advice to LGBTQ+ people about alcohol and drugs, as well as where to get help and support in Glasgow (and beyond) W:
kinderstrongerbetter.org

Re-solv

Founded in 1984, Re-Solv is a charity working across the UK to end solvent abuse and support all those whose lives are affected by it. If you live anywhere in England, Northern Ireland, Scotland or Wales and are worried about your solvent abuse or someone else's – we're here to help. You can call us on **01785 810762, text 07496 959 930**
email info@re-solv.org www.re-solv.org

Wee changes can make a **big difference**

Tips to find healthier ways to feed the 'Hungry ghost'

What is the 'Hungry Ghost'?

Sometimes we feel there is something missing inside ourselves, or in our lives. We have a need to constantly seek relief from. This causes feelings of emptiness and even fear. This can often lead to unhelpful coping strategies. However, they do not feed, the need we have at all, and in some ways can make us feel even more empty. No matter how much effort we put into feeding this unhelpful habit, we return to feeling empty inside. Unhelpful coping strategies won't replace what is missing, it will only take even more from us. Like a hungry ghost, never satisfied, always wanting more.

What can lead to unhelpful coping strategies?

Sometimes it's a past hurt or trauma, a painful experience which leaves an ache, which can lead to unhelpful coping strategies. Feelings such as stress, depression, loneliness, fear, and anxiety can trigger a gambling problem, or other unhelpful strategies like misuse of drugs or alcohol to try and manage these feelings. Believing the unhelpful strategy will take the pain, stress, anxiety away, but sadly often, only bringing more.



Gambling isn't how to cope with social restrictions

Gambling is often portrayed as entertainment. During COVID19 lockdown and social distancing we may have been seeking entertainment and found some of the opportunities to gamble a diversion. The challenges start when it stops being a diversion and instead it starts to become a coping strategy, then a way of life. Chasing the next big win. But as gambling can become a hungry ghost, no win is ever big enough. It is never satisfied and will push you more and more to risk losing more and more, till you perhaps run the risk of losing it all. Only the bookies win!

How do I know my gambling is a problem?

If gambling has become more important than other things in your life, if you are ignoring all the warning signs, of stress associated with feeding your habit, finding money to feed your habit, maybe spending money that was for bills, or using a money lender, you have a problem.

Ask for help

If you are finding it difficult, you don't have to handle your issue with gambling on your own. There are some excellent groups who can really help you, and your family, face the problems you have with gambling.



Talk about it

Talking about gambling problems with somebody you trust and someone who won't judge you can really help. It can also reduce the stress that can cause you to continue to gamble.

You matter

Sometimes lack of compassion for ourselves, can lead to gambling. Somewhere in our heads we have hit a self-destruct button, we see where this is going and feel powerless to stop, a part of us knows we should, but we don't think we can and we continue to cause ourselves further pain by not knowing how to stop, or, ask for help and show ourselves compassion.

Face the feelings and the fear

Admitting you have a problem can sometimes leave you feeling ashamed and guilty. This is totally normal and by acknowledging the problem and asking for help, you can change your life for the better.



Look for alternative ways to feel fulfilled



People can fall into gambling through boredom. Try and find a new hobby or try voluntary work. Perhaps even get involved in volunteering your lived experience to help others who may be at risk of gambling harms. If not having enough company is an issue join a community group, find others with the same interests as yourself. Explore Mindfulness as a new way to be in the moment. There are many new things to learn, find something which has meaning for you and if you need help to do that, ask. There is often more support around than we realise.

Be kind to you

Admitting you have a problem is a big hurdle to overcome, so well done! Focus on the positive changes you are making and keep reminding yourself of them. Find new ways to have self-compassion and remember, people can help you. Sometimes we all need help to remember to be kind to ourselves.



Gambling is not a way to solve a debt problem!

You cannot gamble your way out of debt. You will only lose more. If you have an issue with debt, seek support, it is out there e.g., TalkBanStop A partnership between GamCare, Gamban and GAMSTOP to help anyone experiencing gambling harms to start their recovery journey. www.gamcare.org.uk/talk/ also Step Change www.stepchange.org a debt charity.

Some agencies who can **help you** or put you in touch with others. **You are not alone.**



Helpful Coping Strategies

COPE Scotland

W: www.cope-scotland.org
T: 0141 944 5490

Mindfulness

W: www.freemindfulness.org



Group Meetings

Gamblers Anonymous Scotland

W: www.gascotland.org
T: 0370 050 8881

Smart Recovery

W: smartrecovery.org.uk



Financial Advice

Citizens Advice

W: www.citizensadvice.org.uk/debt-and-money/get-help-with-gambling-problems

Scottish Illegal Money Lending Unit

T: 0808 164 6000
W: www.tsscot.co.uk/illegal-lending/loan-sharks

Report a loan shark

T: 0800 074 0878

TalkBanStop

A partnership between GamCare, Gamban and GAMSTOP to help anyone experiencing gambling harms to start their recovery journey.

W: www.gamcare.org.uk/talk/

Step Change Debt Charity

W: www.stepchange.org

Apps & Tools

Brothers stay alive

W: brothersinarmsscotland.co.uk

Recover Me - Self Help App

www.recovermeapp.co.uk

Smart Recovery

W: www.smartrecovery.org/smart-recovery-toolbox/



Support For Families

Support for families affected by imprisonment

W: www.familiesoutside.org.uk
T: 0800 254 0088

Gamvisory

W: www.gamvisorygroup.co.uk

Self-help group for families

W: gamfam.co.uk

Families bereaved by gambling related suicide

W: www.gamblingwithlives.org
E: info@gamblingwithlives.org
T: 07732 958 306

Scottish Families Affected by Drugs and Alcohol

T: 08080 101011

Self-Injury Support

Self-injury Support has been running UK-wide emotional support services around self-harm for over 30 years for more information visit selfinjurysupport.org.uk

The following information sheets may also be of interest.

Distractions and Displacement:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/distractions-and-displacement

Exploring Alternatives:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/alternatives

First Aid for self-harm:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/first-aid

Harm Minimisation:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/harm-minimisation

You can:

Text them on 07537 432 444

Email them at tessmail@selfinjurysupport.org.uk

Or start a webchat here

www.selfinjurysupport.org.uk/Pages/FAQs/Category/webchat-support

All their services are confidential and anonymous.

We Are With You

Support for people who have issues with drugs, alcohol and mental health, and their families and friends www.wearewithyou.org.uk



GRIEF, LOSS AND TEARS

The role of nursing requires we have compassion for others. We need to consider that we see they are suffering, and our role is to do what we can, so people in our care suffer less. Likewise, having compassion for ourselves, we need to acknowledge when we are in pain. Once we accept, we are suffering, we will want to help alleviate or reduce that suffering and pain and be compassionate towards ourselves.

To offer ourselves kindness and understanding, not judge or criticise or say how it should be, accept a part of us is sad and another part of us wants to help. Often in our work role we do need to put on a brave face, so we can offer reassurance to others. However, we cannot always have a stiff upper lip, put on a brave face, be the one who keeps it together for everyone else. Sometimes we find it hard to show we are suffering as we feel we need to be strong for others. However, when life is challenging no matter who we are, learning to admit this is a tough time just now, and it's upsetting, helps us ask ourselves the question 'what can I do to comfort and care for myself right now?'

Sometimes that includes releasing how we feel through our tears. It is important to recognise, we all have a right to shed tears, and for our wellbeing, there are times when it matters that we do. The following tips may be of interest around the need to cry.



wee changes can make a **big difference** it's okay to cry

We are all different, so, never judge your own feelings. If something is a big deal for you, even if it's not for others, that doesn't matter, it's a big deal for you. Sometimes we really do need a genuinely good cry, these are wee tips to help you cry better, when you need to release your sadness.

When to cry

Cry whenever you need to. It doesn't need to be a traumatic event like the loss of a loved one, if something has you feeling you could cry.....cry.



Cry for your own pain as well as others

Sometimes its easier to cry over what is happening to someone in a film, or in a book, or listening to music, sometimes if we need to get started crying this can help release emotions which have maybe built up. BUT you may be avoiding what is hurting you. It's okay to cry for yourself too, you matter.

How long to cry for?



You can't set a time limit on tears. Avoiding having a good cry may result in you feeling sadder for longer. Trust your body, it will know when you have cried enough. If you do make the connection with where your pain is coming from and allow yourself to cry, you will find, your tears will come to a natural stop. There is no time limit on sorrow, it can be a sore time, but be patient as you will come through the other side. It's like the weather, sometimes it rains for days, weeks, but the sun eventually does come back.

Find a time and a place

Sometimes we need to stop crying and keep it together e.g. if you are a doctor and you are seeing a patient, that may not be the best time for you to continue to cry about your pain. However, later when you are alone or with people who you can share your tears with check; is the matter still unresolved and do you need to cry more? or, has the feeling of needing to cry passed. If it has, let it go, don't get stressed out if you can't recapture your pain, it may have gone of its own accord.



wee changes can make a **big difference** it's okay to cry

Use a kinder inner voice

Sometimes our inner voice is unkind and stops us crying. Telling us: We are overreacting, men don't cry, get a grip, it's no big deal. Or, we feel we are a burden crying so apologise and want to stop. Use a kinder inner voice, be compassionate to yourself as you would for someone you love and say; I matter, and I need to cry. Don't try and stop yourself, by allowing yourself to cry you will stop naturally.



Crying around other people

Sometimes we don't want to cry in front of others in case we upset them. The most helpful thing someone can do when you are crying is sit quietly with you, offering hankies if you need them, but not trying to make you stop crying, or offering advice. This may come later, but when we need a good cry, we need a good cry, it's natural.

Tears of joy and laughing at something sad

Sometimes, we can be happy, receive great news, and, we burst into tears. These however, are tears of joy. There's a suggestion, that tears of joy may well be the body's way of restoring "emotional equilibrium". It's also suggested we can laugh at something sad, to restore equilibrium, or to build resilience in the face of potential trauma.

This is a general leaflet on the benefits of crying, if you are working through some issues which you need support with, or struggling with thoughts of suicide, then seek help from someone, don't cry alone. There are services as well as friends and family and local community groups who care, speak to your local health care providers about support near you.

It is suggested crying is good for you. Tears contain toxins and feel-good chemicals are released in the body whenever we cry tears of sadness. Think, maybe of our tears as a waterfall we need to pass through to get to a better place, so if they need to flow.....let them, remember they will eventually stop and the sun can shine again.



Remember consult with your GP before making any lifestyle changes. For more information contact **COPE** on our website: www.cope-scotland.org



Grief and loss are part of the human condition, not a nice part, not a part anyone wants to embrace, but as wise man once said:

*"Tis a fearful thing to love
what death can touch"*
Judah Halevi

Grief is part of the life cycle and as well as mourning the loss of the person who has gone, we may also feel a sense of unease as the loss of another close to us, reminds us of our own mortality. We all kind of know no one gets forever, but it's not something we dwell on too much!

Coverage of COVID-19 has been a constant reminder of the fragility of the human condition. However, humans are incredibly resilient and can cope with more pain and loss than we can imagine. That is the challenge, our imagined reaction to pain and loss and what we expect of ourselves and each other can only add to the challenges when we do experience loss. We are sad, hurt, fearful of the future, none of these emotions are pleasant so we want them to go away. They may not be pleasant, but they are natural. Allowing ourselves to grieve, to be sad, to cry is part of the process of healing. There are no smart words anyone can say to take away the pain, hurt, anger even guilt which goes along with the death of a loved one. Sometimes all any of us can do when we see someone hurting, is let them know, they are not alone.

This applies also in the workplace. Nurses in the course of their careers are faced with the death of people in their care, that is never easy. However, the COVID-19 pandemic and the changes in our working and private lives this brought about means we may have been faced with more loss both professionally and privately than we have ever experienced before. As we have said, this wee booklet does not replace professional advice, and if you need to speak to someone, please do as you also matter. This resource booklet shares some of the supports which are available. We have also offered some wee tips on coping with loss, they may not take the pain away, but they will perhaps help you suffer less.

Be kind to yourself and each other now, as only now is real and it matters, we all do. Life can be like the weather, wet, windy and stormy, but each day brings the hope of the sun coming back and one day it will, give it time. Know people care. There is also a helpful body-based practice offered by Capacitar which we share here also, you may find of value.

*'She heard him mutter,
'Can you take away this grief?'
'I'm sorry,' she replied. 'Everyone asks me.
And I would not do so even if I knew how.
It belongs to you. Only time and tears take
away grief; that is what they are for.'*

Terry Pratchett, 'I Shall Wear Midnight'

wee changes can make a **big difference** to help you suffer less if experiencing loss

Coping with loss and grief

Grief can hurt, we can experience many strong emotions including, sadness, despair, anger, hurt, shock, numbness, denial, guilt, fear and so many more, even sometimes relief. While these feelings can cause us extreme distress, they are the natural feelings which can emerge when we lose someone or something which mattered to us.



If you find the feelings so overwhelming, you are thinking of suicide please speak to someone. The Samaritans or Crisis text line or your GP or other local health provider.



We can experience grief when a loved one dies, including the loss of a pet or miscarriage. We can also experience it at other times of loss, a health challenge, retirement, leaving school, separation all can produce feelings of loss and grief.

Remember, we are all unique individuals and we each cope with loss in our own way this includes the time we are grieving, which can vary too.

Remember it's okay to cry, putting a brave face on and not allowing the tears to flow when they need to, can mean we bottle feelings up which can make us feel worse. Crying at this time is natural. There are people who don't cry naturally so for them, not crying is natural too, we are all different, just because we don't cry, doesn't mean we don't care or aren't hurting.



Worrying about being alone or about money now the person has gone isn't selfish, it's natural, talk to others about how you feel.



Admitting to yourself and others that you are hurting can help you to begin to work through your grief and accept kindness from others to help at this time.

Sometimes sleeping and eating can be a challenge, but it's important at this time we find a way to rest and make sure we are looking after our physical body as well as our minds.



If you aren't sure if what you are experiencing is grief, or depression go and speak to your GP or other health care provider as it's important at this time we also look after our mental health.

Reach out if you are feeling alone with your grief and this is a challenge for you. There can also be support groups e.g. where someone has lost someone to suicide. Sometimes having someone just to listen can be very powerful, this is a time also we may find our faith or life philosophy is a comfort.



Grieving can be a challenging time and it's okay to ask for help, or, seek to understand more how you are feeling. These are some contacts that may be useful:

- **Grieving Death by a Sudden Loss**
<http://www.econdolence.com/learn/articles/grieving-sudden-loss/>
- **Dealing with Anger in Grief**
<https://zintaharris.com/2018/02/15/dealing-anger-grief/>
- **6 Ways Grief Counseling Can Help You**
<https://blog.prepscholar.com/grief-counseling-therapy>
- **How to Help Your Grieving Parent (and Yourself) After the Death of Your Mom or Dad**
<http://www.legacy.com/news/advice-and-support/article/helping-your-grieving-parent>
- **Grief and Recovery: Overcoming Guilt and Loss After the Death of an Adult Child**
<https://blog.ioaging.org/end-of-life/grief-and-recovery-overcoming-guilt-and-loss-after-the-death-of-an-adult-child/>
- **Bearing the Special Grief of Suicide**
<https://www.soslsd.org/resource/bearing-the-special-grief-of-suicide/>
- **Breathing Space** | T: 0800 83 85 87
- **Blue Cross for Pets** | T: 0800 096 6606 (*Support following the death of a pet*)
- **Child bereavement UK** | www.childbereavementuk.org/
- **Families affected by Murder and Suicide (FAMS)** | T: 07736 326 062
- **SOBS (Bereaved by Suicide)** | T: 0300 111 5065
- **The Lullaby Trust** | T: 0808 802 6868 (*Bereavement support/ following the death of a baby/young child*)
- **The Samaritans** | Free Phone Tel: 116 123
- **Silverline** | T: 0800 4 70 80 90
- **Shout** | Text: SHOUT to 85258 in the UK to text with a trained Crisis Volunteer (*an affiliate of crisis text line*)
- **The Spark Relationship Counselling and Support** | T:0808 802 0050
- **Victim Support** | T: 0345 603 9213
- **Information for people experiencing a sudden bereavement**
www.suddendeath.org/guides-for-suddenly-bereaved-people

Remember and consult with your GP or other health care provider if you are struggling with feelings of loss.
Produced by COPE Scotland
www.cope-scotland.org
@COPEScotland





Capacitar Healing Practices to Transform Grief



With the Covid-19 pandemic and the death of more than 100,000 people in the US, grief is the emotion experienced by many. Grief is a natural human response to loss—the death of family and friends; loss of jobs, income or homes; loss of graduation or celebration of school events; loss of community or life meaning. Grief can lead to many physical symptoms including: fatigue, weakened immune system, insomnia, problems with appetite. Emotionally, grief can cause depression, anxiety, numbness, mood swings, sadness, isolation, fear of intimacy or suicidal tendencies. Rather than becoming overwhelmed with grief, it is important to learn simple energy practices to manage physical or emotional symptoms. Capacitar practices can be of help to manage grief and related symptoms: www.capacitar.org and [Capacitar International YouTube](#).

Acupressure for Grief

These points held gently while breathing deeply can release congested energy and alleviate physical pain and strong feelings.



Sea of Tranquility—Center of the Chest
Gently hold the point in the center of the chest or place the palms of your hands over the Sea of Tranquility. Breathe deeply into your heart center imagining peace and comfort nourishing your heart and spirit. You can also imagine this as your safe place or refuge.



Lung Points for Grief—by the Arm Joints
Cross your hands in front of your chest and with the fingertips locate the points in the sensitive areas in the outer part of the upper chest near the arm joints. These points help alleviate feelings of grief and fear as well as chest-lung congestion. These points can also be tapped like a butterfly to calm and soothe oneself.



Forearm Points—Inner and Outer Gates
Approximately 3 inches or 3 finger-widths above the wrist joint, locate points on either side of the forearm between the arm bones. Hold these 2 points with the thumb on one side and the index and middle fingers on the other side. Breathe deeply and slowly to relax and harmonize the whole body.



Nose point to Calm and Balance
With the index fingertip of one hand, hold the point under the nose on the upper lip to calm and balance overwhelming feelings and emotions and to stabilize oneself or another person in challenging moments. This point is also good for high blood pressure. Inhale deeply through the nose and exhale slowly through the mouth.

You can download Capacitar's Emergency Kit of Best Practices available in over 27 languages from www.capacitar.org. Also on the website are links to 13 short Covid-response videos of Capacitar practices. On the Capacitar International YouTube channel are many videos of the basic practices in various languages.

Chest Points for Grief

Approximately 4 to 5 inches down from the centers of the clavicles, and 3 to 4 inches on either side of the sternum are two very sensitive points for grief and sorrow. Press the points while breathing slowly and deeply. Imagine that you are able to exhale the strong feelings from your heart. Breathe in deep peace and self-compassion.



Center of the Hand

With the thumb of one hand, gently hold the center of the other palm to promote a deep sense of peace, harmony and wellbeing. This is a powerful balancing point when upset.



Fingerholds:

With grief and overwhelming feelings, energy can become blocked or repressed, resulting in pain or congestion in the body. Holding each finger for several minutes while breathing slowly and deeply can release and balance pent up feelings.

The following emotions are associated with each finger.

- Thumb**—tears, grief, sadness, emotional pain
—transforms to wisdom and compassion.
- Index Finger**—fear, panic, terror
—transforms to courage and clarity for action.
- Middle Finger**—anger, rage, resentment
—transforms to focus, action and passion.
- Ring Finger**—anxiety, preoccupation and nervousness
—transforms to peace and strength.
- Small Finger**—lack of self-esteem, victimhood
—transforms to self-esteem and empowerment.

To Ground & Center: Hold fingertips together, cross the ankles and breathe deeply to ground yourself when feeling grief or overwhelm.



OTHER LIFE STRESSORS

In addition to the stressors in our professional roles, exacerbated by the pandemic, we may be challenged by other issues in our personal life also. These are just some links which may be useful. Please remember, sometimes challenges can feel so overwhelming that they cause thoughts of suicide. If you ever have thoughts of suicide, please speak to someone immediately. **The Samaritans are there 24/7 365 Free Phone T: 116 123**

Acts Fast

Support to the protective parent/carer of sexually abused children. Acts Fast also support partners and family members affected by a loved one downloading indecent images online.

actsfast.org.uk

T: 01202 797217

Text or call 07468 694068

Anti-Bullying Alliance

The Anti-Bullying Alliance is a coalition of organisations and individuals that are united against bullying. For more information:

www.anti-bullyingalliance.org.uk

Advice and Information Carers Hub

www.rethink.org/advice-and-information/carers-hub/

Carers Scotland

www.carersuk.org

T: 0808 808 7777

Domestic Abuse

For anyone needing support for domestic abuse as well as family members, this is a confidential, sensitive service for anyone to call. You can speak to a professional in your preferred language

sdafmh.org.uk

Domestic Abuse and Forced Marriage Helpline

T: 0800 027 1234

or email **helpline@sdafmh.org.uk**

Issues with Neighbours and Antisocial Behaviour

www.your-place.net

Menopause

www.nhs.uk/conditions/menopause

Menopause Café

www.menopausecafe.net

Moira Anderson Foundation

Supporting children and adults affected by childhood sexual abuse

moiraanderson.org

National Eczema Society

www.eczema.org

PAMIS

Support people with profound and multiple learning disabilities, PMLD - their families, carers and professionals

pamis.org.uk

The Spark

Support for couples as well as individuals

www.thespark.org.uk

T: 0808 802 2088



FINANCES AND WELFARE

Nurses may also have found financial pressures during the pandemic. The washing machine going even more than usual, so goes on the blink and trying to find money for a new one. There can be many reasons why, someone may find themselves in need of financial support, or advice. The following resources may be of interest:

The Benevolent Fund for Nurses in Scotland

Help any member of the nursing profession who worked or trained in Scotland and is experiencing financial difficulties due to their inability to continue working. They can help by giving a quarterly grant, by giving a single grant, by enabling the purchase of an item of furnishing or equipment. For more information visit www.bfns.org.uk

The RCN Foundation Lamplight Service

Can help with support, advice and information about benefits and can also assist with grants for nurses who are in need after accessing all benefits.

rcnfoundation.rcn.org.uk/apply-for-funding/hardship-grants

The Nurses Memorial to King Edward VII

To help those in need by way of gifts for heating, support payments, grants for equipment and single payments when support is needed. Educational bursaries are also available.

www.nursesmemorial.org.uk

Cavell Nurses' Trust

Is the charity supporting UK nurses, midwives and healthcare assistants both working and retired, when they're suffering a personal or financial crisis often due to illness, disability, domestic abuse and the impact of the coronavirus www.cavellnursestrust.org

The Care Workers' Charity

To advance the financial, professional and mental wellbeing of social care workers by making grants, signposting to resources and providing access to services.

www.thecareworkerscharity.org.uk

Unison Members

Members experiencing financial and emotional difficulties can contact their welfare charity, "There for You", which provides a confidential advice and support service for members and their dependants. www.unison.org.uk/get-help/services-support/there-for-you/

Citizen's Advice Bureau

Offers confidential advice, for more information visit www.citizensadvice.org.uk

SELF-CARE AND SUPPORT FOR YOU

Aloebud

Is a downloadable self-care pocket companion aloebud.com

Balance

Personalised Meditation app www.balanceapp.com

BASW

Help for key workers during COVID-19 pandemic
www.basw.co.uk/help-key-workers-scotland

Breath to adapt and relax

apps.apple.com/us/app/breathe2relax/id425720246

Campaign to Look After your Mental Health

www.clearyourhead.scot

Calm

This site offers a range of options for supporting sleep, reducing stress, improving focus and more.

www.calm.com

Capacitar healing ourselves, healing our world

This site offers a range of resources to support wellbeing and recharge our energies

www.capacitar.org

COPE Scotland

This site offers a range of workbooks, affirmation cards, tips, videos, downloads and blogs which can be used to support self-care

www.cope-scotland.org

Free Mindfulness

This link offers a range of ideas and tools around mindfulness

www.freemindfulness.org

Headroom

BBC mental health toolkit www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TIXBj/your-mental-health-toolkit

Healthy nurse, healthy nation ©

This is an American based site, offering a grand challenge to connect and engage nurses, employers and organisations around improving health in 5 areas: Physical activity, nutrition, rest, quality of life and safety. For more information please visit

www.healthynursehealthynation.org



Iriss

For tips and information for staff resilience as well as the wider public
www.iriss.org.uk/resources/reports/resilience-resources

Know you more

The coaching service is managed by NHS Education for Scotland in partnership with Know You More, a digital coaching organisation, who provides the online platform for you to sign up and be matched with a coach. For more information
www.knowyoumore.com/coaching-for-wellbeing

Mind Tools a lot of useful information and tools

www.mindtools.com

Men's health

Brothers in arms, follow the link for a downloadable app
www.brothersinarmsscotland.co.uk

Mental Health and Wellbeing for Staff

www.learn.nes.nhs

National Wellbeing Hub

www.promis.scot

Nursing You

Designed by nurses, for nurses: NURSING YOU is an exclusive (and free!) app to help nurses care for themselves so they can keep doing what they do best – caring for others. For more information visit www.c3health.org/our-programmes/health-professionals/nursing-you/

QNIS

This website offers wellbeing tips and inspiring stories from the community nursing and midwifery community
www.qnis.org.uk

Royal College of Nursing (RCN)

The RCN site offers a range of valuable materials
rcnfoundation.rcn.org.uk/latest-news/mental-health-and-wellbeing-repository

The sleep charity

The sleep charity website offers a range of materials around improving sleep hygiene, please visit thesleepcharity.org.uk for more information.



Cloud

As part of the national digital programme to support the health and wellbeing of staff in response to the impact of Coronavirus (COVID-19) and increase access to digital forms of self-help and psychological therapies, SilverCloud has released a number of online self-help modules. Everyone is now able to self-refer to CBT modules on Stress, Resilience and Sleep Problems, and there is one to help with managing mental health during the COVID-19 pandemic. This is independent of the computerised CBT service; the modules are not monitored, and no information is shared with the person's GP. Previously these modules were only available to staff, and they are now available to the wider public so that staff can signpost their patients and service users to them.

The modules can be accessed free of charge through the website wellbeing:

silvercloudhealth.com/signup/. Visitors will be asked to sign up and identify what health board area they reside within.

The pin 'Scotland2020' should be used as the access code when signing up. More information about the modules can be found at SilverCloud's website at: [wellbeing.](https://wellbeing.silvercloudhealth.com/onboard/nhsscotland/Staff)

silvercloudhealth.com/onboard/nhsscotland/Staff



Panda Foundation

The PANDAS Foundation is there to help support and advise any parent and their networks who need support with perinatal mental illness. They are also there to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering Pandas FREE helpline

T: 0808 1961 776

E: info@pandasfoundation.org.uk

www.pandasfoundation.org.uk/help-and-information/pre-ante-and-postnatalillnesses/dad's-and-depression.html



Phobic Awareness

Their website, forum, and chat room are all completely free! They are a community composed of people from all over the world who are suffering from panic, phobias and anxiety. They believe in support through the exchange of ideas, information and coping skills. Phobias, anxiety, depression, and panic attacks can be chronic and incredibly damaging conditions, affecting not only the individual struggling, but loved ones as well. Even if you are not suffering with anxiety, if you are a loved one or family member of someone who is, you may find the support offered here of incredible value.

phobics-awareness.org/phobias



My Possible Self

App has clinically proven modules to help you manage stress, anxiety and low mood.



Based on face-to-face therapy, it will teach you psychological strategies and coping skills to tackle stress and anxiety, and boost your mood. You can also use their mood tracker to see how activities, places and people influence your mood – so you can focus more on the things that help, and less on the things that don't.

They'll continue to offer the app for free until we're on the other side of this crisis. For more information and to sign up:

www.mypossibleself.com/blog/free-mentalwellbeing



SPIRITUAL CARE



We often think of spiritual care in relation to the role of nurses when offering care to others. There is a recognition that spiritual wellbeing matters for the person's health and wellbeing and that spiritual care assessment is in fact, part of the nurse's role. However, as shared throughout this resource, nurses are people too and have been facing unprecedented times in their work and personal life due to the COVID-19 pandemic. It matters then that we also reflect on our own spiritual needs and are they being met.

The NHS have a Listening Service which is about 'gracious listening' and incorporates spiritual care. For more information visit learn.nes.nhs.scot/21028/person-centred-care-zone/spiritual-care-and-healthcare-chaplaincy/community-chaplaincy-listening-ccl

Reflecting on steps for your own self-care, please consider your own spiritual care as well. If you are a member of a faith group perhaps speak to your faith leader. You can also take little actions every day which support your own spiritual care:

- **Try meditating even for 10minutes**
- **Read a sacred text, or some other affirmation which helps you see beyond the current crisis to a calmer place**
- **Go for a mindful walk in nature. If you pray perhaps use this as an opportunity to share your thoughts, hopes, fears as is most helpful in the context of your faith**
- **Find a group where you share some time together to reflect and recharge, Capacitar offer many body-based practices which work well when done in a group**
- **Rest, be still and find a way to be grounded in the moment**

Many of the resources shared in this booklet offer ideas on how you can incorporate spiritual self-care into your every day. Find one which works for you, even if that only is 10min each day. That is a step in the right direction.

You may even decide to go on a spiritual retreat. There are many places which offer this including the following which are just some examples, there are many more including perhaps ones linked to your own faith-based groups:

The Findhorn Foundation www.findhorn.org/spiritual-retreats

Lendrick Lodge Holistic Retreat Centre lendricklodge.com

Dhanakosa Buddhist Retreat Centre www.dhanakosa.com

You may be interested in Capacitar training. For up to date information about wellbeing sessions and training visit www.capacitaruk.org and also www.capacitaruk.org/scotland.html for Scotland's page on the website. You may also want to sign up for the newsletter on the website to keep informed as well.

ACTIVITIES TO UNWIND

It is also helpful to have activities which help you unwind. Research has shown even reading a book for only 6 minutes a day can make a difference to your wellbeing. The following offer some ideas to unwind and perhaps create some new routines which become helpful habits for your wellbeing.

All trails

Whether it be a stroll or, a climb as you seek to bag a Munro. This website may offer some ideas to get outside in nature near you www.alltrails.com

The Coorie

This wee piece and video by COPE Scotland may be of interest around ideas for creating that snuggly feeling of 'coorie'

www.cope-scotland.org/mental-health-videos/entry/the-coorie-the-scottish-way-to-wellbeing-1

Free colouring books

There are many free resources online for colouring in e.g. play.google.com/store/apps/details?id=com.fungamesforfree.colorfy&hl=en_US&gl=US often Mindful colouring in books are not too expensive to buy, and can offer some well needed time out just to switch off.

Geocaching

You may want to consider Geocaching. This is an outdoor activity which uses a Global Positioning System receiver or mobile device and other navigational techniques to hide and seek containers. Ever fancied some treasure hunting? Visit this website for more information www.geocaching.com

New Habits

There are many activities which we can adopt which form habits which support our wellbeing. The key point is finding those which work for you. This link may be useful around finding a daily routine which works for you and sticking with it www.thefabulous.co



wee changes can make a **big difference**

tips to establish a healthy routine every day

Eating

We all need to eat a balanced diet, if money makes this a challenge there are ideas on eating well on a budget www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less

If things are challenging just now a foodbank may be able to help www.trusselltrust.org/get-help/find-a-foodbank It's also important if we can afford extra food we don't overeat as we are bored or upset. If something is bothering you, please talk to someone about it.



Housework and interior design

Often our external environment can reflect how we feel inside. Do you feel you have a lot of clutter, or things you would like to do in the house but just don't get round to? We all have those wee jobs about the house we put off. Getting into a housework routine can help keep clutter at bay, offer us some physical activity which saves cost of going to the gym! And improve how we feel inside and it's amazing how a house can be made a home even when money is tight. This will maybe offer some useful ideas www.idealhome.co.uk/diy-and-decorating/free-ideas-home-decorating-9179

Rest and relaxation

We all need a good sleep pattern and some healthy relaxation habits. Does your home promote calm, could wee changes be made so it's a place of relaxation, maybe start with the bedroom see if that helps promote better sleep too? There are also heaps of relaxation exercises online, maybe find one which works for you.



Companionship

We are social beings and for most people feeling and giving affection is important. Building time for companionship into our routine is important. If we don't have a lot of friends or family then it's looking at how we build connections. Part of a routine may be looking for new places to connect with others e.g. online arts class, yoga, choirs, and singalongs, they are all out there and having a look we may find there is often more going on than we realise www.whatsonglasgow.co.uk

Family

There is a saying we can pick our friends, but we can't pick our family and not everyone may want to stay in touch with family, however, if family is important, sometimes it's just getting into a healthier routine of staying in touch. Even a phone call or a letter if you don't see each other that often helps maintain those relationships. If you feel work needs done to rebuild family relationships, there is a lot of tips and advice on line. If using online resources, check they are from reputable sources.

Knowledge and learning

Lifelong learning and acquiring new knowledge can be good for our wellbeing and we shouldn't worry about making mistakes as we learn, everyone makes mistakes until they learn something new. If you suffer a health challenge, learning more about your condition from reliable sources and ways to self-manage it can also be good for your wellbeing.



Fun and leisure

Build some fun and leisure into your daily routine, even thinking about, or trying out new ideas can help fill the day in a meaningful way. Money may be tight, however, our imaginations knows no limits, use it to find new ways to have fun. If you visit www.cope-scotland.org document section, archived 'Whit's Happening' issue 7 you will find an activity page which may be interesting.



Be creative

This can be from baking a cake, starting a journal, joining a class, writing a song, making a hope jar, doing some creative artwork with the kids, writing poems, even writing a letter to a friend or family member.

You matter

Make time every day for what matters to you, we are all unique individuals with our own needs and sometimes when life is challenging these can be harder to meet, but look for even 15minutes in the day to call your own, to do what matters to you.



Know you are doing the right thing and are appreciated

We respond to kindness, it can make us feel good, also being kind to others and the planet can make us feel good too. Use a kinder inner voice when speaking to yourself remember you matter. When we recognise, we matter and choose to be kinder to ourselves, making time for self-care becomes easier.

Sense of freedom

Sometimes we get so caught up in what we can't do, we forget what is in our control. We may see lack of money, or someone to do things with as obstacles to what we want to do. Sometimes it's about working out what matters to us, what is within our control and what maybe we need to find the confidence to go for. Few people if any get everything they want, but having the confidence to set realistic goals may mean we find what we need.

Spend time in nature

Finding ways to be with nature can be good for our wellbeing. If we have space to garden or be involved in a local allotment this can also perhaps help us connect with other people. It maybe a walk in the park, gardening, keeping houseplants, looking at images of nature. Whatever works for us, that can support feelings of wellbeing. You may want to visit www.cope-scotland.org and watch the video 'The Coorie, The Scottish Way to Wellbeing' for some ideas of things to do indoors and out, which can support wellbeing.

Produced by COPE Scotland
www.cope-scotland.org
@COPEScotland



wee changes can make a **big difference**

Tips to feel more relaxed



Why relaxation matters

Relaxation is good for us as it helps us manage the natural stressors of life as well as when we are faced with life challenges. It is also good for us physically, which can help our immune system to be as healthy as possible. There are many reasons why we may feel tense or anxious, so making time to relax while it may not solve all our problems, may help give us space to recharge our batteries, giving us more energy and confidence to manage the problems we face.



Keep stimulants to a minimum

Watch the volume of coffee and even tea you drink as they both have caffeine, also energy drinks, can produce the opposite feeling to relaxation. Smoking, fizzy drinks, alcohol, drugs, too much sugar can all cause us issues as stimulants can make it hard to relax.

Eat a balanced diet

If we don't eat a balanced diet, we can be more likely to become unwell, suffer infections, feel tired even fatigued and everything can become an effort. When money is tight fresh fruit and veg maybe a challenge, but we can use tinned and frozen. This site offers further advice on the benefits of what constitutes a healthy diet www.nhsinform.scot/healthy-living/food-and-nutrition



Stay hydrated

Our bodies are pretty much made up of water and we need water for them to function well. When the weather is warm, drinking water helps regulate our body temperature, also we need water to keep our joints lubricated, help prevent infection, get nutrients around our body, help our organs function. Being hydrated can even improve sleep quality.

Making time to relax

There are different ways to relax and it's finding one that works for you. Some people may have more time for self-care than others who may have, a demanding work schedule, excess hours, no breaks, cancelled holidays. They may be caring for someone else, they may be trying to juggle a family, work, caring for a relative the list goes on. Finding time can be hard, but finding time is even more important when you are busy, even if only a few minutes every day, can make a difference.

Relaxation in minutes

If you find it hard to find time to practice relaxation these tools may be helpful. <https://www.youtube.com/watch?v=FpQ-R8CgQ5A>
There is also a video on the COPE Scotland website, "using the senses to relax". Co-designed with colleagues who have experience of sense challenges <https://www.youtube.com/watch?v=Nfxulw98FYE>



Relaxation ideas if you have a wee bit more time

Learning to be calm when things are challenging, helps us to feel less tense. Have a look online for reputable Mindfulness sites and explore if learning Mindfulness may be of interest to you. Sometimes we have been tense for so long we feel quite anxious, maybe even have panic attacks. These pieces may also be helpful for learning more about and how to self-manage panic attacks <https://www.youtube.com/watch?v=2q03WCXmp34> and <https://www.youtube.com/watch?v=Y9-pIRGwSAQ>

Be active

Being active and relaxation may sound like a contradiction, however, sometimes we have pent up energy which makes it harder to relax. Releasing this in a constructive way can help. This can be going for a walk, taking up a new hobby e.g. Yoga, you may find this piece interesting www.cope-scotland.org/index.php/latest-blog/yoga-is-it-for-me Even really putting some effort into a spring clean any season of the year! Or polishing brass if you have some, or making bread, are all ways to put our energy into something which leaves us feeling fulfilled and relaxed.

Dealing with issues

If there is something, we need to deal with, but we keep putting it off then this can cause us tension and make it harder to relax. While Mindfulness is around being in the moment, learning to practice mindfulness can help us when we begin to feel overwhelmed by helping us focus on our breathing and bringing us back to the moment. There are many examples of Mindfulness practice on www.freemindfulness.org/download. Feeling calmer and more relaxed enables us to face challenges and be more optimistic of finding a solution or at least suffering less.

Learn to let go

Sometimes we get overwhelmed by what we see as injustice. The actions of others, which cause us stress, which we replay over, and over, which only leads to a spiral of tension. Learning to let go is not easy! But worth the effort. Instead become aware of our inner voice and find ways to reprogramme it to find things we appreciate and that is good in the world, as there is also good if we look for it. This piece may be useful www.cope-scotland.org/index.php/latest-blog/switching-what-we-focus-on-and-lighting-the-candles-of-hope-for-ourselves-and-each-other



Find your happy

Laughter can be good for helping us relax. You may find this wee video on laughter yoga interesting www.cope-scotland.org/index.php/videos/video/you-re-having-a-laugh There are also our funny go to programmes, which again can make us laugh. Maybe there is a reason there were so many seasons of 'Only Fools and Horses'!



Cuddles to help relax

A cuddle can also help ease tension. This wee video about the butterfly hug may be of interest <https://www.youtube.com/watch?v=iGGJrqscvU> There are also items called weighted blankets which can give the feeling of being cuddled. However, do some research before investing in one.

Reading for relaxation or listening to music

Reading is another way to help us relax and unwind or listening to music or a talking book. Some research suggests even 6minutes a day reading can be good for our wellbeing.



Make new habits lead to new routines

Building some relaxation into everyday routines can lead to healthier habits around making time to relax. This piece may be of interest www.cope-scotland.org/index.php/latest-blog/healthy-routines-lead-to-healthier-habits

Produced by COPE Scotland
www.cope-scotland.org
@COPEScotland



Funded by Glasgow
Communities Fund

MAKE A PROMISE TODAY

We often know what we should do, however, often that doesn't translate into what we will do. Too little time, energy, motivation, the list of "why not" always seems so much longer than "why do"!

That is why small changes matter. The following are some examples of promise cards, there are many more on www.cope-scotland.org Please have a wee read and see, is there one wee thing you can promise yourself; you plan to start doing for you, starting today.

It really does matter that we all adopt strategies which ensure our own wellbeing, so please, make time for you today, you are worth it, in fact, you are priceless, so please treat yourself as you would any priceless treasure. Sometimes it begins with the confidence to say, I can make choices which are good for me too, and I will.



BUILDING SELF CONFIDENCE

- * Have a clear idea of what I want to do
- * Use a kinder inner voice
- * Accept I may need to learn
- * Don't give up, just because it doesn't work right away
- * Use positive affirmations which inspire me
- * Start a journal and create a vision board
- * Learn to be calmer and more relaxed in the face of challenge
- * Set goals which are realistic and matter to me
- * Recognise no one knows it all and I am not expected to either
- * Ask and accept help, know we all need it sometimes



To me,

This is to remind me, I can make changes if I choose to, which are good for my wellbeing and I have the right to make my own plans and have my own dreams. On I made a promise to myself to:

.....
.....
.....
.....
.....

Even if I forget, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps, no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx

“With realization of one’s own potential and self-confidence in one’s ability, one can build a better world.”

- Dalai Lama

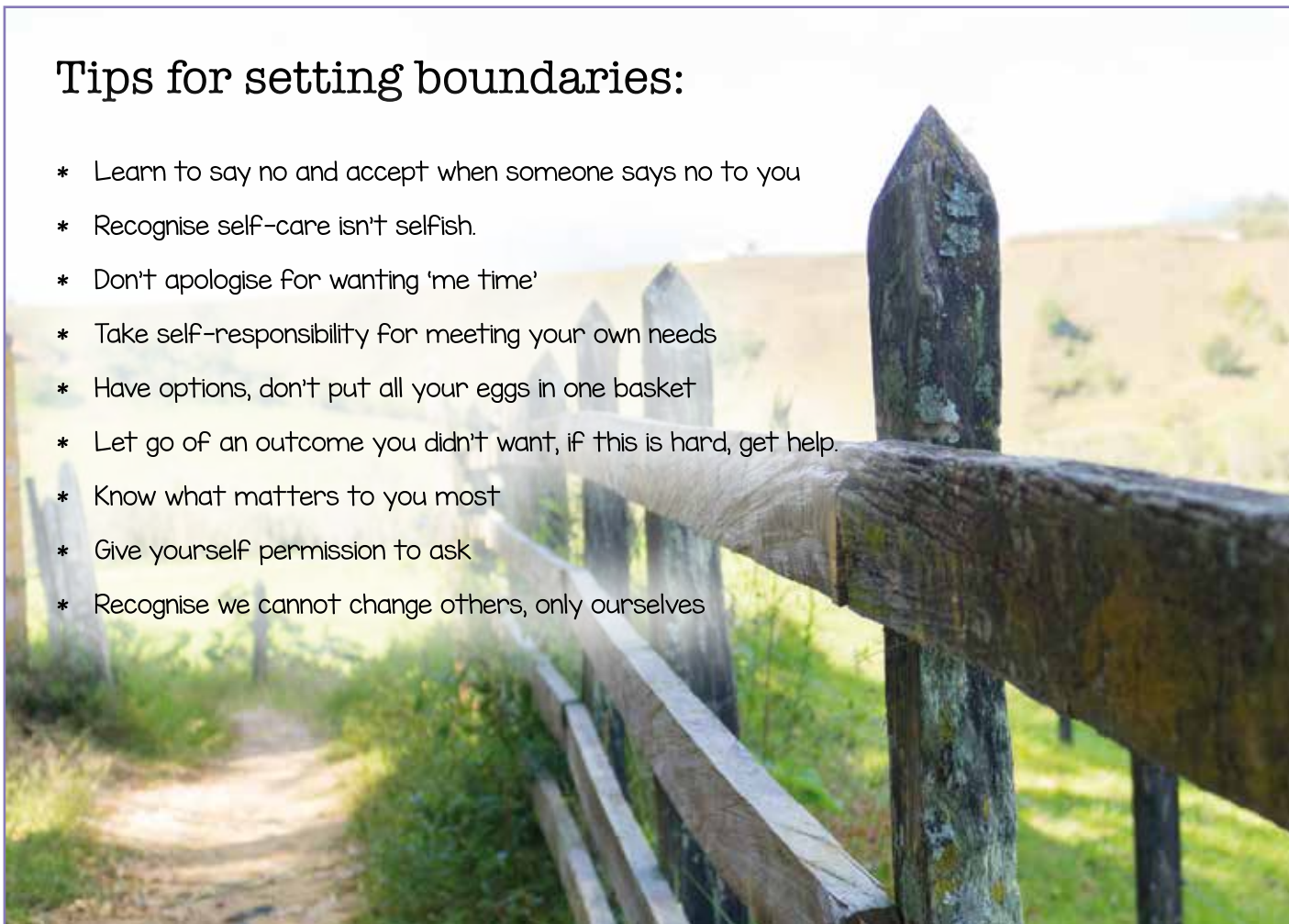


www.cope-scotland.org

 @COPEScotland

Tips for setting boundaries:

- * Learn to say no and accept when someone says no to you
- * Recognise self-care isn't selfish.
- * Don't apologise for wanting 'me time'
- * Take self-responsibility for meeting your own needs
- * Have options, don't put all your eggs in one basket
- * Let go of an outcome you didn't want, if this is hard, get help.
- * Know what matters to you most
- * Give yourself permission to ask
- * Recognise we cannot change others, only ourselves



To me,

This is to remind me, I can make changes if I choose to, which are good for my wellbeing and I have the right to make my own plans and have my own dreams. On I made a promise to myself to:

.....

.....

.....

.....

Even if I forget, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps, no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx



“Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They’re compassionate because their boundaries keep them out of resentment..”

- Brené Brown

www.cope-scotland.org
@COPEScotland

SPACE FOR YOUR OWN IDEAS AND RESOURCES

This single booklet is unable to hold all the wellbeing resources out there, so we've added this space for you to note down any other resources you find helpful for supporting your wellbeing.



You matter too

Developing the nurse's wellbeing resource has been supported by More Choices for More People A self-management for Scotland funded project. Administered on behalf of the Scottish Government by The Health and Social Care Alliance (The Alliance) with support from the William Grant foundation. Working in partnership with QNIS and Capacitar Scotland as part of the CHSA project focusing on developing & sharing tools for recovery and resilience for community nurses and midwives.

Produced by
COPE Scotland
www.cope-scotland.org
@COPEScotland

