



"Resting will clarify my next positive step forward"

Some welcome wellbeing reminders from Andy Holter (sent whilst on paternity leave!)

Last week I took an unexpected call from Andy Holter, unexpected in that he's currently enjoying paternity leave following the safe arrival of his new son, Coby. 'I want to help,' he told me, 'I know I'm on leave, but wellbeing is what I'm passionate about and more than ever colleagues need our support – please let me help'. Once I'd ascertained it wasn't just an excuse to get out of nappy-changing duties (!), but a genuine desire to support colleagues, I gladly accepted on your behalf. Please read on to learn about how we can be looking after ourselves and our colleagues at this challenging time.

We've all heard the term 'self-care' banded about and most of us are aware of the importance of practising it, but in truth, self-care isn't that easy. Reality sees us rushing from here to there, experiencing overwhelming pressure to finish a pending task before moving on to the next, balancing a list of work commitments at the same time. Not forgetting looking after our family and friends, cleaning the house, cooking meals and keeping children occupied. Self-care and the ability to find the much-needed time to rest is just as important as the food we eat and the water we drink. It is the next positive step in being able to move forward refreshed and energised, rather than being physically and mentally exhausted and unable to function effectively. We all need to find time to rest and relax.

Self-care, simply put, is nourishment for the head, the heart and the body. Self-care is health care: physical health, emotional health, energetic health and mental health. Just as we clean our teeth, wash our faces and exercise, it is equally important to give ourselves permission to stop, rest and refill our energy reserves.

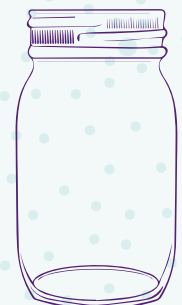
By prioritising simple self-care practices such as healthy eating, exercise (your one permitted a day), having a minimum of 7-9 hours' sleep a night and focusing on relaxing our breathing, you will start to build resilience; enabling you to cope with periods of heightened stress, anxiety and frustration, such as many are experiencing now. A sense of calm and purpose will start to prevail as self-care helps us all to become kinder, more compassionate people – and this in turn will benefit everyone our lives touch: families and colleagues.



Andy has also been recording a series of bite-sized Monday motivation pieces which he will be sharing with you all via a link to share point. In Monday's recording he will talk a little bit more about making self-care happen – be sure to make time to listen.

Bucket List Jar

A lovely idea shared by Michelle Thorn at Rampion House this week and one which we've already made a start on. Every time you wish you could do something, go somewhere, treat yourself, see someone you love, visit a new place, or invite people to visit, don't simply get frustrated that you can't - instead, write it down on a piece of paper, fold it up and pop it in a jar. Once restrictions have been lifted and a semblance of normality returns, this will form your 'bucket list' which you can work your way through, feeling all the more grateful for the little and lovely things in life. A little jar of sunshine to look forward to.



Staying in is the new going out!

As the days all begin to melt into one, it's increasingly difficult to 'look forward' to the weekend approaching, especially when it means more of the same. But rather than lament our loss of freedom, we encourage you to settle into your sofas, and join us in exploring the amazing variety of culture available at the click of a button – staying in really could become the new going out!

Follow these links to find a plethora of virtual museum tours from the [Natural History Museum](#), to the [Louvre](#) and [SeaWorld Orlando](#)!

If it's a little live culture you're after, The Royal Opera house have curated a series of #OurHouseToYourHouse free broadcasts and live content which can be accessed from your sitting room.

The following performances are being streamed on the ROH's [YouTube](#) and Facebook channels – Peter and The Wolf was a big hit in our house last Friday night; after all it's not every day you get to sit in the Royal Opera house eating popcorn with your PJs on!

Acis and Galatea, The Royal Opera, 2009 – 3 April 2020, 7pm BST

Così fan tutte, The Royal Opera, 2010 – 10 April 2020, 7pm BST

The Metamorphosis, The Royal Ballet, 2013 – 17 April 2020, 7pm BST

Gloriana, The Royal Opera, 2013 – 24 April 2020, 7pm BST

The Winter's Tale, The Royal Ballet, 2014 – 1 May 2020, 7pm BST



In the Time of Quiet by Philippa Atkin

No one's told the daffodils about the pause to spring
And no one's told the birds to roost and asked them not to sing
No one's asked the lazy bee to cease his bumbling round
And no one's stopped the bright green shoots emerging
through the ground

No one's told the sap to rest, deep within the wood
And stop the sleepy trees from waking, wreathed about in bud
No one's told the sky to douse its brightest shades of blue
And stop the scudding clouds from puffing headlong into view

No one's asked the lambs to still the springs beneath their feet,
To stop their rapid rush and quell each joyful bleat
No one's told the stream to halt its gurgle or its flow
And warned the playful breezes, not to gust and blow

No one's asked the raindrops not to fall upon the earth
And fail to quench the soil in the season of rebirth
No one's locked the sun down, or dimmed the shimmer
of the moon
And even in the darkest night, the stars are still immune

Remember what you value, remember who is dear
Close the doors to danger and keep your family near
In the quiet all around us take the time to sit and stare
And wonder at the glory unfurling everywhere
Look towards the future, after the ordeal
And keep faith in Mother Nature's power and will to heal



Thank you to
Joanna Rose, our
new celebrant and
Funeral Director for
sharing this with us.

Tips to help with anxiety by Emma Symons

Emma Symons kindly got in touch after reading last weeks Wellbeing newsletter and offered up her expertise to share with colleagues. Please read on for her tips to help with anxiety; relevant for all of us in the current environment.

**“When you change the way you look at things, the things you look at change.”
Dr Wayne W. Dyer**

This is one of my favourite sayings and is definitely relevant at the moment, with our lives turned upside down, people finding themselves in new situations and having to deal with different ways of working.

Technology may have bridged the gap of social isolation, allowing us to videocall friends and family, but it is taking a toll on our mental health and those who have anxiety might be finding it going into

overdrive. In order to help reduce anxiety there are lots of things you can try but here are a few fairly simple practices that can make a huge difference.

1. Practice gratitude. When things are overwhelming it can really help to take a moment to write down five things that you are grateful for. It can be anything from someone bringing you a cup of tea, to having a good supply of toilet roll.

2. Cut out news. It can be very tempting to keep the news on or to constantly check social media but this can drive fear and anxiety as there can be a lot of fake news, so try to take time out away from it, especially after 8pm as research has shown that phones and social media after this time can affect sleep.

3. It is easy to feel lost and confused by everything that is going on and this can exacerbate anxiety, so practice **mindfulness** every day. Even spending five minutes taking time to just sit and breathe deeply, focusing on the breath and just allowing your thoughts to come and go without letting them take over can make you feel calmer and more relaxed.

Remember that saying above and change the way you look at things. When you are feeling low and worried, try to change how you think about the situation and you will find that it no longer seems so bad.

If you would like any help with anxiety or you have any questions please get in touch with me by email at emma.symons@cpjfield.co.uk