



When life does not allow you to change anything... get a new haircut!

There are a lot of things that can go wrong when you go rogue with a pair of scissors at home, but seeing as none of us can make it to the salon right now and many of us are in desperate need of a little trim or even a January makeover, it's perfectly fine to give yourself a quick fix at home! Go on...be brave... here's how:

The key is to start small with a few careful snips. Possibly now is not the time to decide you want a blunt fringe or entirely new style; save big changes for the pros when salons open up, but to freshen up your layers, or trim your already existing fringe, or nab split ends at home, here are a few pointers to get you started:

Invest in a pair of styling shears / clippers

Put down the kitchen scissors! The dull edges could potentially give you even more split ends (plus it's not entirely hygienic either). Instead, invest in a pair of razor-sharp styling shears designed specifically for the task, Amazon is a good place to look. This will give you the best-looking cut and the healthiest hair possible. Clippers wise, I've learnt from experience that the cheapest are not always the best!

Cut less than you think you need to

You can always take more hair off, but you can't add back what you've already chopped! If you're cutting your hair while it's wet, remember it will look even shorter once it dries. The same applies when working with clippers; start on a higher grade than you would normally go for ie a Grade 4 as opposed to 3 or 2. You can always go back over it once the initial cut has been made. Finish off round the ears and neckline with hand scissors for a cleaner finish.

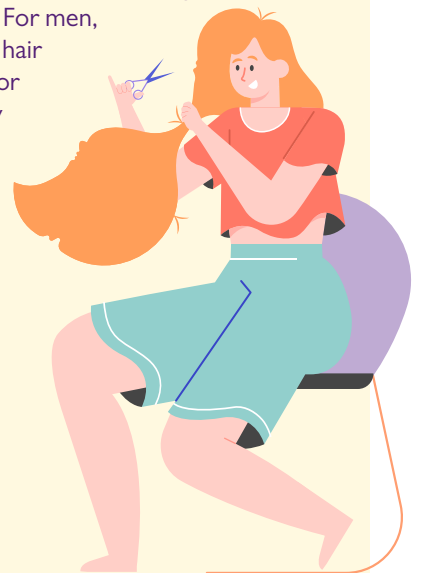
Work with your natural hair texture

Snip hair when it's dry if your strands are curly or wavy so you can get a better idea of what the final look will be. If you have straight hair, cut while it's wet or dampen it with a spray bottle first to get the cleanest, sharpest lines possible.

If your hair is straight, you can use these three methods to make sure your DIY cut is nice and even; bring your hair to the front and snip at an angle or straight, depending on if you prefer a rounded or blunt shape to your cut.

If you have thick, curly hair, cutting your hair at home is all about sectioning your layers and making minor cuts to your ends for healthier hair to extend the length between professional trips to the salon. For men, use scissors to cut into thicker hair on top and leave the clippers for the back and sides, or you may inadvertently end up removing clumps!

Remember – apart from the occasional Zoom or meeting, it's not as if there is anywhere to show your new style / hair disaster off to, so be brave, be bold – and send us before and after pics!



READY, STEADY...GET THE FAMILY COOKING!

Get your family to make the most of meal times by hosting your own version of the popular show *Come Dine With Me*. Take a night of the week each and impress your family with a three-course meal and entertainment before judging each other's efforts. A bit of competitive spirit will add some fun to boring dinnertimes and gives someone a night off whilst the others take the apron tails!



ARE YOU SITTING COMFORTABLY? IMPROVE YOUR POSTURE

We all know that the amount of time we spend sitting down in our daily lives is not doing our bodies any favours and working from home in the current isolation period isn't helping. Being locked in one position for many hours of the day is the total opposite of what the human body has evolved to do and this makes our joints and muscles unhappy. Make sure you're taking enough opportunities during the day to get up, move a little and reset. Try one of Meg's stretch classes; they take just minutes but can make all the difference: www.active-equilibrium.com Click on the 'Corporate' tab, the password is corporate. A box will then appear and the password is Swan



The challenges on our wellbeing in the second wave

by Andy Holter

With an increase of loved ones coming into our care and the significant rise in Covid-19 infections in our mortuaries, what are the impacts on our day-to-day work load, and how are we really managing our stress levels? It is an interesting question, and I wonder how many of us are really being true to ourselves when sharing our thoughts and feelings with our colleagues. For some, the answer may be 'we just get on with it' or 'it's just what we do'. Whilst others may say 'This is really tough' or 'I cannot manage much more'. In either case it is important to recognise that we are all different and we all manage our emotions, feelings, and stress levels in different ways.

So why is this important to acknowledge?

Whilst some of us can manage different types of stress and indeed some of us thrive on higher levels of pressure, some of us struggle immensely. Perhaps due to our own challenges in life with underlying mental ill health, anxiety, low moods, low self-esteem, lack of confidence, depression, physical health, fitness, short or long-term medical conditions, unhealthy diets or even genuinely feeling unwell. We should also be very mindful of our colleagues who would normally manage stress well and without difficulty, as they may find themselves facing that one off challenge that could tip the balance from rational to completely irrational.

Leaders can go from being very confident and strong individuals to struggling to make decisions, experiencing a loss of confidence, retreating into a quiet place of safety and unable to function. Team players who are usually the first to volunteer or show great enthusiasm and keenness suddenly find it hard to come forward, exhausted and fatigued, they then struggle to engage and feel part of the team. The impacts become quite profound, affecting wellbeing and mindfulness not only at work, but outside of work too.

How can this then affect us?

We may experience a lack of sleep, due to irregular sleeping patterns caused by continuous callouts and overnight deployments, or we may not be able to switch off due to the unusual volume of

funerals we are looking after. The unique requests that we are being asked to complete, or the high levels of attention to detail needed to meet each family's needs, or constant deadlines and levels of administration that we have to complete may all start to feel overwhelming. Frustrations, fatigue and exhaustion could also result from the continuous high demand that we face during this pandemic with the increased daily pressures with inputting data, access to information, collecting and transferring loved ones from hospitals, nursing, care and funeral homes. This, coupled with the extreme volume of daily funeral commitments and battling the clock minute by minute to try and meet the expectations of families and colleagues alike, all adds to tensions rising.

These pressures are certainly not limited to any specific groups within CPJ Field as everyone from Funeral Service Team Members, Funeral Arrangers, Funeral Directors, Principal Funeral Directors, Funeral Service Managers to Rampion House staff and our Senior Leadership Team all have an increased amount pressure to meet the needs of the business and our families. With many working above and beyond during this current pandemic, you will also see many of the challenges from working at home, which can present feelings of isolation, loneliness, and lone working, whilst others may need to stay late after work to accommodate important meetings, virtual calls or even trying to stay on top of an ever-increasing workload. Others working in offices feel the emotional impacts of supporting families experiencing sadness, despair, anger or even

disbelief.

So, what can we do to help one another in these unusual times?

1. We can support one another by listening, caring, reaching out, being patient, showing empathy and compassion at times of stress and pressure.
2. We can help share the work the load, help wash a car, carry a coffin, place a loved one in chapel, collect a loved one from a place of passing, whatever the work load and even if it something we wouldn't normally do, we are in this together as a team, and as the old adage goes 'many hands make light work'.
3. Take time out; it is ok to sometimes have a moment of mindfulness, go for a ten-minute walk to clear our minds and encourage those endorphins. Try some breathing exercises, sitting on a park bench listening to podcast, or one of our CPJ Field audio clips in the wellbeing hub.
4. Make a moment to smile together as a team in your place of work, find ten minutes at the end of the day to smile, try a team game, a board game, a quiz, or even share a positive moment from the day and share what you are thankful for with your colleagues.
5. Wind down before home time, why not try Megs chair yoga? It's a quick and easy way to calm the mind, stretch, and relax after a stressful day.
6. Lastly why not have a look at the CPJ Field Wellbeing Hub which can be found on SharePoint and contains lots of helpful wellbeing and mindfulness resources.