



DISTRACTION PACK

ACTIVITIES TO DO WHEN YOU'RE
SOCIAL DISTANCING / SELF ISOLATING



THANKS TO SPHERE MEMORY & REHABILITATION TEAM FOR SUPPLYING THIS RESOURCE

MAINTAINING AND ROUTINE:

Establishing and maintaining a routine is essential to maintaining good brain health. Below is an example of dairy sheet that could be helpful in maintaining a routine. It might seem strange to write out what you are doing, but it keep a routine in place and helps us feel that we have achieved what we set out to achieve to the day. It also gets us to think about what we are eating and to start meal planning.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Work / Activity							
Work / activity / exercise							
Lunch							
Work / activity / exercise							
Evening meal							
Winding down time							

ACTIVITIES THAT USE YOUR BRAIN:



Activities that use your brain are helpful. Not just work, but other activities such as word searches, Sudoku & cross words. The key to keeping your brain healthy is to change the activities you are doing. Don't always do word searches or cross words, as this will only strengthen one part of your brain. Mix up the activities that you would do, or try different brain challenges that you have not tried before. This will stimulate all areas of your brain, as you are working on novel tasks rather than relying on learning / practiced tasks (that only use one areas of your brain. There are a few examples below.

HULL WORDS WORD SEARCH...

C U T H N Y G G O R C C S W K
 X M O J K C N Q F Z O Z K E W
 C Q O N U V H S H U T L F L E
 B M F P O S U O M H A U F K B
 R B N N V Y V U W R I C O C O
 E S E J R A Z A K E U H R O U
 A Z T I U F R I S S D U R C L
 D I G V T L N I P N W J E D I
 C L N D R T L T I U P R G V N
 A P I G A B A I C F I E V H G
 K M G I W O C P E B H Z Z K Y
 E V G V X C R Q L Y C M C W C
 K C A K L B A I N E S J T T Y
 Q O W J W I Y H K D M P C W K
 T X T N C W P M O G S K E G G

CROGGY BREADCAKE
 BAINES BOULING
 ON PATTIE
 ROAD
 CHIP
 SPICE
 TENFOOT
 LARKIN
 OUT
 SKEG
 COCKLE
 CHOWED
 GERROFF
 TWAGGING
 ULL

CAN YOU THINK OF ANYMORE HULL WORDS?....

WRITE DOWN YOUR FAVOURITE COUNTRIES, WHERE HAVE YOU BEEN BEFORE?

COUNTRIES WORD SEARCH...

R J R J W Z B M E R U S S I A
 M I H V X Y R R F A N C Z H C
 Y I Z O R E X U Y X G O C U Z
 A R Q W G K H N A R S T A A M
 U E A F S R M I I W H L N N E
 S L T I D U T T S O O A A I N
 T A R U R T U E E E J N D H G
 R N A P B E Y D N Z T D A C L
 A D C H I E G H O K N A J Y A
 L K I T M X L I D I A I T F N
 I P R U M E Q G N F P R L S D
 A F F O T C X N I D A R K R Q
 F I A S N K I I T U J B T D B
 R F O Q H B V Z C U M H L D V
 B F R A N C E H P O L A N D T

UNITED MEXICO
 STATES POLAND
 ENGLAND TURKEY
 SCOTLAND NIGERIA
 FRANCE
 IRELAND
 BELGIUM
 CHINA
 JAPAN
 INDONESIA
 RUSSIA
 SOUTH
 AFRICA
 CANADA
 AUSTRALIA

MINDFULNESS CHALLENGE



MINDFUL BREATHING EXERCISE

- Sit comfortably, with your eyes closed and your spine reasonably straight
- Bring your attention to your breathing
- Imagine that you have a balloon in your tummy. Every time you breathe in, the balloon inflates. Each time you breathe out, the balloon deflates.
- Notice the sensations in your abdomen as the balloon inflates and deflates - your abdomen rising with the in-breath and falling with the out-breath.
- Thoughts will come into your mind, and that's okay, because that's just what the human mind does. Simply notice those thoughts and then bring your attention back to your breathing.
- Likewise, you can notice sounds, physical feelings, and emotions, and again, just bring your attention back to your breathing.
- You don't have to follow those thoughts or feelings, don't judge yourself for having them, or analyse them in any way. It's okay for the thoughts to be there. Just notice those thoughts and let them drift on by, bringing your attention back to your breathing.
- Whenever you notice your attention has drifted off and is becoming caught up in thoughts or feelings, simply note that the attention has drifted and then gently bring the attention back to your breathing.
- It's okay and natural for thoughts to enter into your awareness, and for your attention to follow them. No matter how many times this happens, just keep bringing your attention back to your breathing.

CHOOSE A MINDFULNESS ACTIVITY

- Read a book
- Write down your thoughts
- Gardening
- Watch the television
- Listen to some music
- Knit/Crochet
- Colour or draw
- Arts & Crafts
- Do a jigsaw
- Meditate

REFLECTION TIME

Write down how you felt after completing a mindfulness activity.

Activity:

How did it make you feel?

What thoughts came to mind?

MAKE THE MOST OF YOUR RESOURCES:

Self-isolation does not mean that you cannot go outside, if you have a garden use it!

- Do some gardening
- Cut the grass
- Have a walk around and take a deep breath of fresh air
- Throw a ball against your wall (be mindful of neighbours)



BURN SOME ENERGY

When you're isolating, you are typically less mobile - so it is important to burn stored energy!

This will aid:

- Sleep
- Motivation
- Your mood
- Your body

TURN UP THE MUSIC!

- Have a dance
- Do a quick power clean
- Hoover up
- Walking up and down the stairs

EXERCISE CHALLENGE:

Exercise does not have to be a chore. It is any physical activity that requires movement!

ADAPT EXERCISE INTO YOUR ROUTINE:

Aim for 30 minutes a day

Morning to mid-afternoon is the best time to boost energy and aid sleep.

DO SOME YOGA

- Listen to calming music in the background
- Make sure you are in a comfortable environment
- Take your time and don't exert yourself

DON'T FORGET TO STRETCH (You don't want to cause an injury!)

Don't over-do it – listen to your body and take breaks if needed
Try to enjoy it – if you enjoy something, you're more likely to do it again.

Persevere – give a new activity time to gain an interest.

WHEN YOU'RE FEELING LOW, TRY...



THE FIVE MINUTE RULE

It may be hard to gain motivation to complete activities when you're indoors for the majority of the day. The five minute rule is about learning that doing things does not have to be mood dependent, you can still start tasks if you're unmotivated and low in mood. However, if you start with a big task, this could be too difficult.

The five minute rule begins by giving five minutes of your time – most people are able to give five minutes, regardless of what mood they're experiencing. The next step is to think of an activity that can be done in five minutes, and this can be stopped without any negative consequences. When you have completed the task for five minutes, you can stop. However, if you would like to, you can continue. If the task is done for five minutes, this is considered a success. You have achieved the goal that was set, despite feeling unmotivated or low in mood.

At times, you may feel like 'it didn't make me feel better' or 'I still don't want to do anything' but that is okay. The aim of the five minute rule is not to help with the low mood, it is to learn that things can still be done and achieved despite feeling this way.

The next step would be to increase the minutes and aim to engage in activity for longer periods of time. There may not be much difference as to whether life is better or not, but you have achieved a task – therefore you are stronger than you think. Keep going!

WHEN YOU'RE FEELING ANXIOUS, TRY...

STOP

Pause for a moment

TAKE A BREATH

Notice your breathing as you breathe in and out. In through your nose, out through your mouth.

OBSERVE

- What thoughts are going through your mind right now?
- Where is your focus of attention?
- What sensations do you notice in your body?

PULL BACK — PUT IN SOME PERSPECTIVE

- Don't believe everything you think
- What's the bigger picture?
- What is another way of looking at it?
- What advice would I give a friend?
- What would a trusted friend say to me right now?
- Is this thought a fact or opinion?
- What's a more reasonable explanation?
- It will pass

PRACTICE WHAT WORKS — PROCEED

- What is the best thing to do right now?
- What is the most helpful thing to do?
- What can I do that fits with my values?

Humans are creative individuals; allow this extra time to explore your creative side. Try to occupy yourself in the best way that you can, even if this means exploring different hobbies and interests that you wouldn't have considered before.

If you are with other people, make the most of their company. Talk to them and tell them how you are feeling. If you are alone, try to communicate with others via telephone, text message, social networking or even over the fence to your neighbour.

Remember, self-isolation is a positive strategy to protect individuals that are vulnerable for the virus. The most important thing to keep in mind is that it won't last forever. There will be a time when everyday life will resume. Right now, the effects of the Corona Virus is beyond your control, but you can control keeping yourself well and distracted in a time that many people find difficult. You are not alone and it will not always be like this.

Free Contact Details:

The logo for Samaritans, featuring the word "SAMARITANS" in white, uppercase, sans-serif font on a green rectangular background.

Samaritans – 115 123

(If you are feeling lonely and you need someone to talk to)

The NHS logo, featuring the letters "NHS" in white, bold, sans-serif font on a blue rectangular background.

NHS – 111

(If you are concerned about keeping your own safety)