



ACTION FOR HAPPINESS

Northamptonshire Action for Happiness Helpful Hints & Tips for Keeping Physically and Mentally Well – Week Three

Hello all

We are now at the end of our second week of stricter social distancing measures. I have had times this week feeling anxious, worrying about friends and family, but it is these friends and family that have also made me smile. The joys of video calls, hearing my neighbour's children playing in their back garden, and the highlight of this week, how proud I was of my 'home-town', Northampton on Thursday evenings hearing clapping for our NHS and Social Care staff.

A quick reminder to follow us [@A4HNorthants](#) on Facebook, Instagram and Twitter.

Maintaining Emotional Resilience during the Covid-19 Outbreak

This week we have ideas using the DREAM in Great Dream

Direction: It is important to have direction in life with goals, even if they are small goals. For instance, doing a household job, completing a UFO – Un-Finished Object, which has been gathering dust, start or finish a piece of knitting, embroidery, bit of decorating etc. Don't set goals which are too big and become overwhelming, better to have one small goal and achieve it and experience a sense of satisfaction as a result.

Resilience: A lot of the situation with Covid-19 is out our hands and therefore we feel out of control, which has a negative impact on our mental health. We need to identify what is in our control and make positive choices about what we can do. For example, I can look after myself by... I can try out this new way of doing And try and let go of the things which we cannot change or influence.

Emotions: It is important to recognise what triggers negative feelings and positive feelings. If listening to or having someone report on continuous news of the virus lowers your mood, limit your listening and tune in to other media that enhances your mood, music, comedy, drama etc. When going to sleep think about three good things you have experienced in that day- something you have done, seen, heard, felt, before you go to sleep get into the habit of writing these down.

Acceptance: It is as important to feel comfortable about who you are whether you are self-isolating or in company. If you are missing positive affirmations from friends, provide those positive affirmations yourself. Congratulate yourself on who you are and what you have achieved that day, even the small things you do.

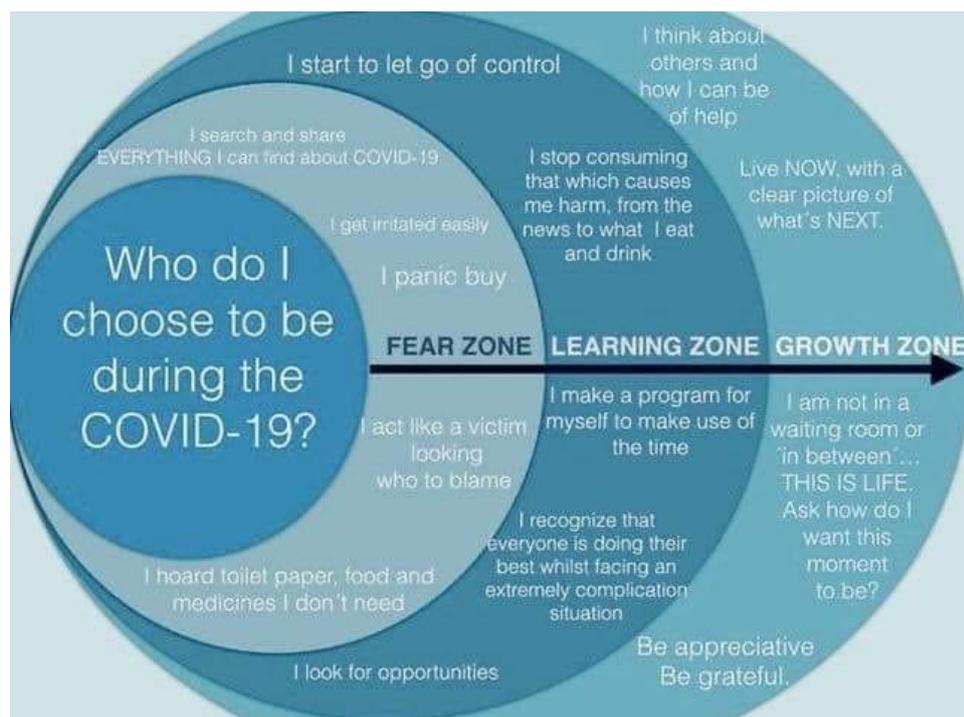
Meaning: Keep in touch with the groups you are part of or naturally align to, by phone, video call or letter, looking at their website, reading their literature. It will help you to maintain your identity of who you are and what is important to you. It helps you to feel part of something bigger.

A big thank you to Sue Griffiths who is part of our Steering Group for writing these ideas.

As we started a new month this week I wanted to share the link to the new <https://www.actionforhappiness.org/active-april>

There are many activities online and a certain member of our Steering Group... sent me an email this week with this sentence 'I'm discovering muscles I'd long forgotten having started doing the Joe Wicks routine for seniors and the odd bit of gardening!! 😊 Manageable, but just shows how some muscles are neglected in our sedentary occupations.'

On a final note, Peter Harper, one of our Steering Group members found this inspirational diagram: -



"Source unknown, but if this very helpful image is yours, please let us know and we'd be pleased to acknowledge you."

Suzy Dion

Northamptonshire Action for Happiness Co-Ordinator

suzy.dion@nhs.net