

Anxiety: how
can you help
yourself?
Page 20 –23

Weekly Newsletter



Mindfulness Colouring Inside!

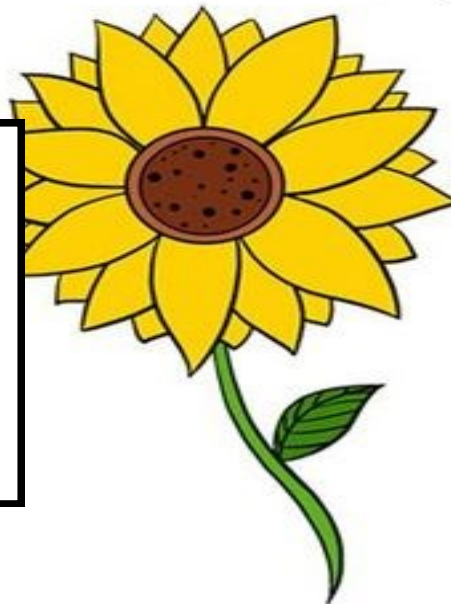
Page 13



**Monday 27th
April 2020**



Art Tips—
Learn how
to draw !
Page 2-3



**Hints & Tips on keeping Safe &
Well.**

**Quiz, art competitions,
useful resources for
keeping busy!**

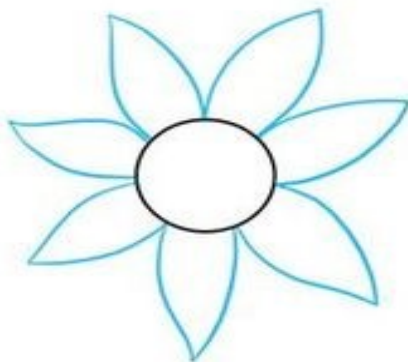
Ever wanted to improve your artistic skills? Use this guide to learn to draw a sunflower. This step-by-step tutorial makes it easy. Beginners and artists alike can now draw a great looking sunflower. Ask staff for some paper!



1.



2.



3.



4.



5.



Did you have a go? If so, why not submit your drawing to next weeks newsletter!

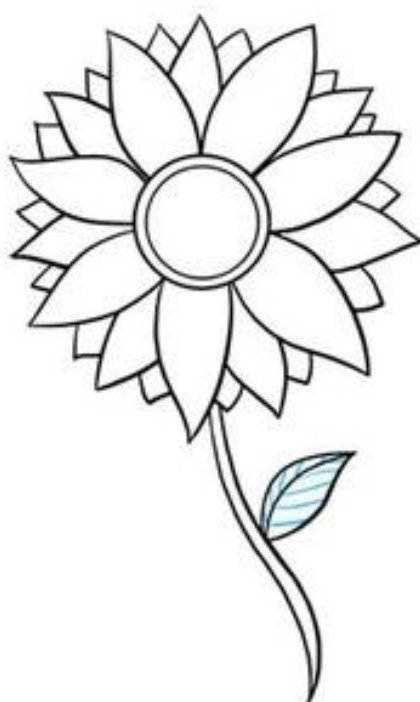
6.



7.



8.



9.



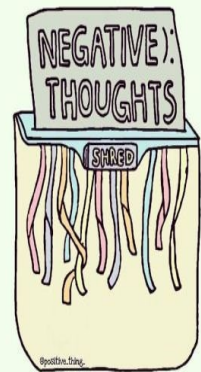
Quotes



Be strong now, because
things will get better.
It might be stormy now, but it
can't rain forever.

"You can't go back and
change the beginning,
but you can start
where you are and
change the ending."

— C.S. Lewis



IT'S A SLOW
PROCESS, BUT
QUITTING WON'T
SPEED IT UP.

THINGS TO REMEMBER

Tomorrow is a new day

Making mistakes is part of life

Saying 'no' is okay

Not everyone has to like you

Beauty & strength come from within

**YOU'RE
STRONGER
THAN YOU
KNOW.**

*Sometimes it takes
an overwhelming
breakdown to have
an undeniable
breakthrough*

“Strength grows
in the moments
when you think
you can't go on
but you keep
going anyway.”

In stressful times,
it's okay to not
be perfect.
It's okay to
cut yourself
some slack.
Because right
now, you
might not be your
best self.
But you are
growing, and
you are trying
your best,
and that is
good enough.
- Ashley Hetherington

Never say mean
words out of anger.
Your anger will pass.
But your mean
words can scar
a person for life.
So use kind words
or be silent.

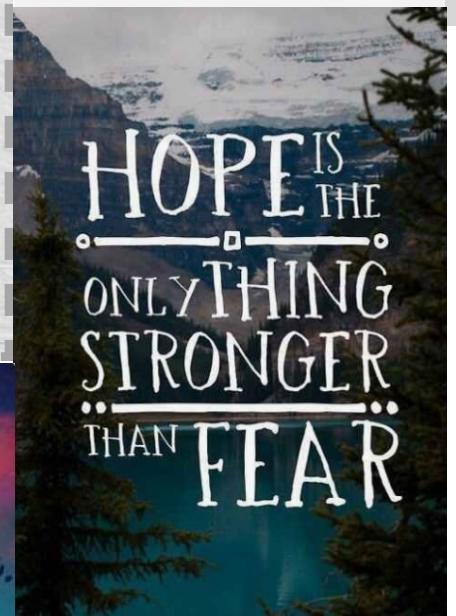
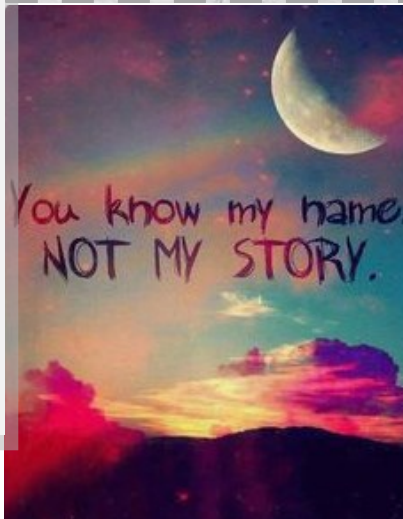
DIFFICULT ROADS
OFTEN LEAD TO
BEAUTIFUL
DESTINATIONS.

Tough times
don't last;
Tough
people
do.

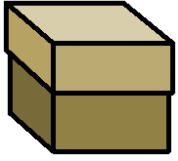

Don't be
afraid to
start over.
It's a new
chance to
rebuild what
you want.

NEVER LET
A STUMBLE
IN THE ROAD
BE THE
END OF YOUR
JOURNEY

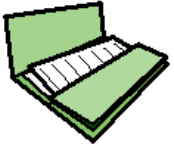
DON'T FORGET
to smile



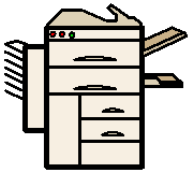
Activity Pack



Occupational Therapy have made **activity packs** for your wards.



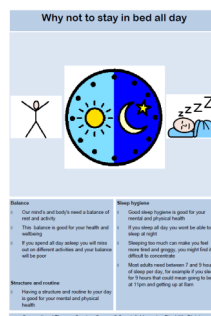
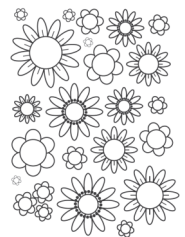
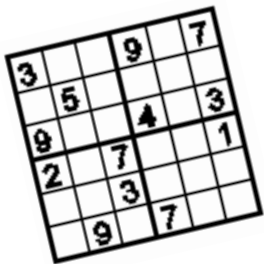
The pack includes lots of different activities that can be done on the ward.



You can ask your staff to photocopy the sheets in the pack.



If you have any ideas of more things to include in the pack, please speak to your **Occupational Therapist or Ward Staff**.



Self Help Section



Brain Teasers

See if you can answer the following brain teaser questions:

1. What starts with a T, ends with a T and has T in it?
2. Using only addition, how do you add eight 8s and get the number 1000?
3. A driver spins off the road in heavy rain and his car plunges into a fast-flowing river. Trapped inside the car, water pours in and it sinks to the bottom. It's two hours before rescuers find the car and the driver still in the driver's seat and alive. With no artificial breathing apparatus, how did the driver survive?
4. A man stands on one side of a river, his dog on the other. The man calls his dog who immediately crosses the river without swimming, using a bridge boat or any kind of raft. How did the dog do it?
5. Each morning I appear to lie at your feet. All day I will follow you no matter how fast you run. Yet I almost perish in the midday sun. What am I?



Pssst ... here are the answers ... no cheating!

1. A teapot
2. $888 + 88 + 8 + 8 + 8 = 1000$
3. The river was very shallow
4. The river was frozen
5. Your shadow

Advocacy



Your advocate **cannot** come onto to the ward areas. This is because of **Coronavirus**.



You can still speak to your advocate if you need to.



You can speak to them on the **phone**.



You can ask your ward staff to email your advocate if you need to speak to them. They will ring the ward to speak to you.



Your advocate will still be involved in **Ward Round**.



They are going to ring and will be put on speaker so they can hear what is being said and can ask questions.



Please ask ward staff for the phone number for Advocacy



Mindfulness Word search

Dr Who Monsters and Aliens

Download more free puzzles at:

www.wordsearch-puzzles.co.uk



AUTONS
DRACONIANS
OOD
SEA DEVILS
YETI

CATS
ICE WARRIORS
THE PEL
SILURIANS
ZYGONS

CYBERMEN
JUDOON
RACNOSS
SONTARANS

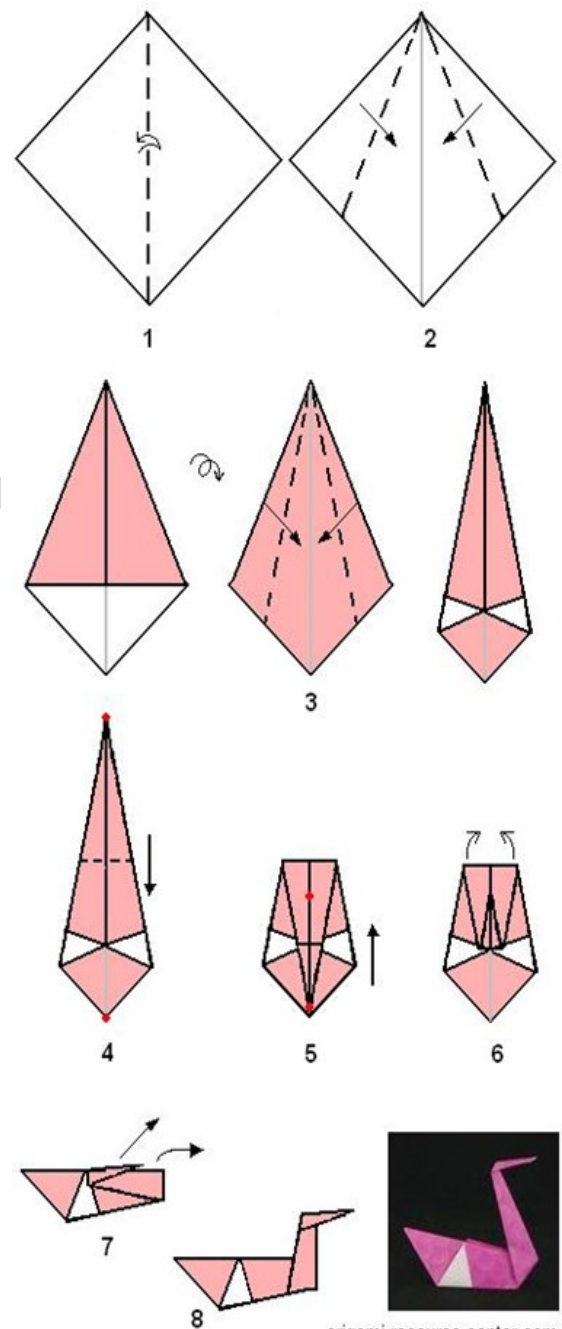
DALEKS
MACRA
SLITHEEN
THALS

DEMONS
OGRONS
RUTANS
WEREWOLVES

Easy Origami Swan

Learn to make an easy origami swan that takes less than 10 steps:

1. Start with a square sheet of paper. Fold in half on the diagonal. Unfold.
2. Fold the left and right edges of the paper to meet the central crease made above.
3. Turn the paper over and repeat: fold the left and right edges to meet the central crease.
4. Fold the model in half so the sharp point meets the corner on the opposite side (align the red dots).
5. Fold the sharp point back again about a third of the way; exact distance not important.
6. Fold the model in half vertically (mountain fold to create left and right side of swan). Rotate quarter turn.
7. Gently pull the neck and head of the origami swan away from the body. Done!



origami-resource-center.com

Chaplaincy Article—Easter

Soon it will be time to eat the chocolate eggs as Christians celebrate Easter.

Easter is the time when we remember that Jesus was crucified, killed by being nailed on a cross, because the Roman government was getting nervous that too many people liked him, they thought he was dangerous.

The story tells us that on a Friday Jesus died. That day, when he was in pain and sad, he felt that God had abandoned him. In the sadness and in the dark Jesus died.

The friends of Jesus and his mum took him down from the cross. They put him in a tomb cut out of a rock and put a big stone in front of it.

Two days later Mary, a friend of Jesus, went to the tomb. The stone had been moved and the body of Jesus was gone. She was really upset. A man came to talk to her; she thought he was the gardener. He was Jesus raised from the dead.

She got really excited and ran back to tell her friends. Lots of people did not believe her. Jesus appeared to his disciples several times. Then they believed that he was alive again.

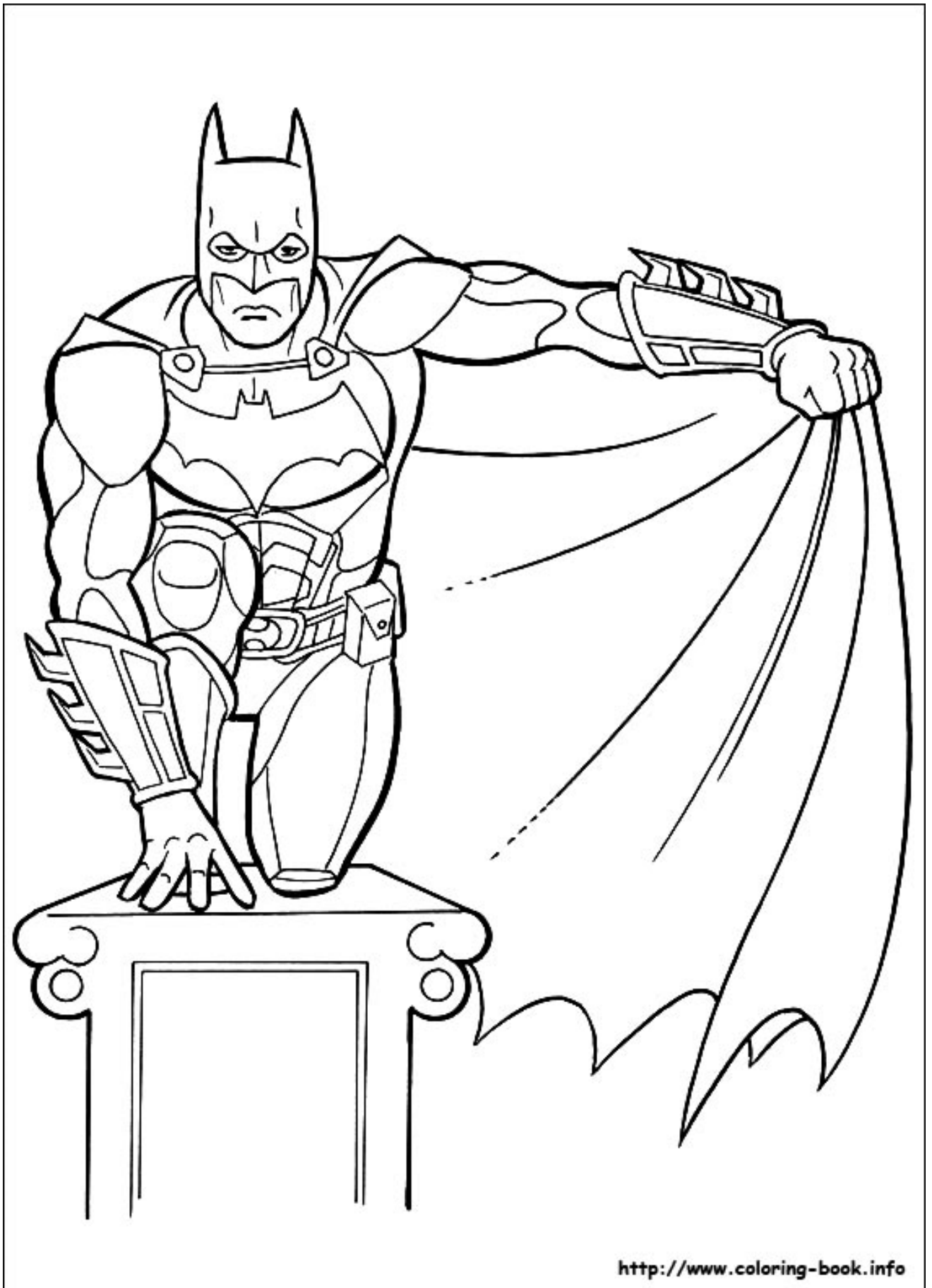
Some things to think about

Sometimes, when we are feeling sad, it can be easy to feel abandoned, all alone, like Jesus did. What helps you when you are feeling like that?

Jesus' friends hid away. They thought they were going to get killed to. Because of the Corona Virus we are sort of having to hide away too so we don't get sick. What do you think it would have been like for them? No TV or phones to get news.

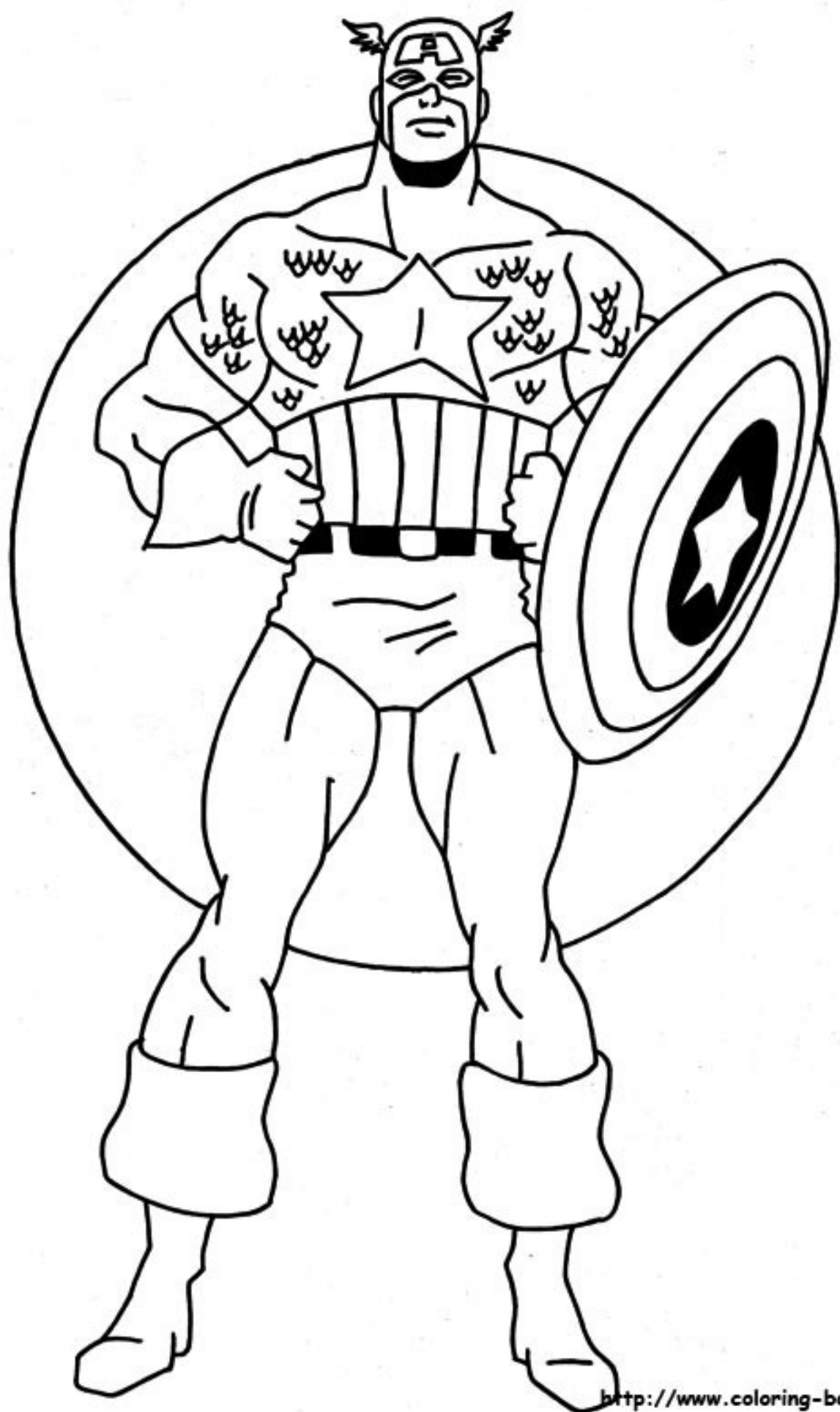
Jesus got new life back when he was resurrected. What do you think it is going to be like for us to get life back to normal again?

Mindfulness Colouring:

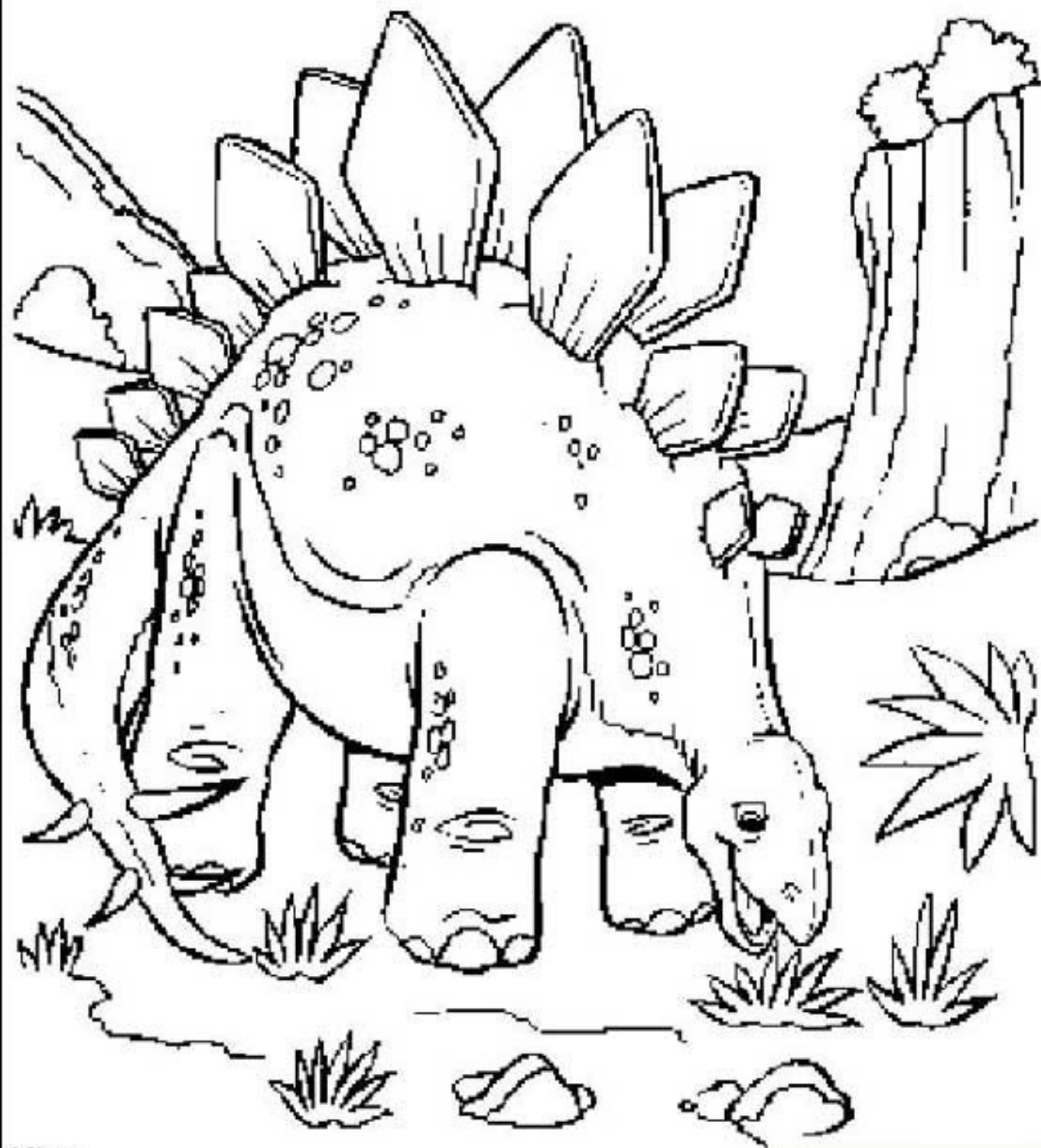




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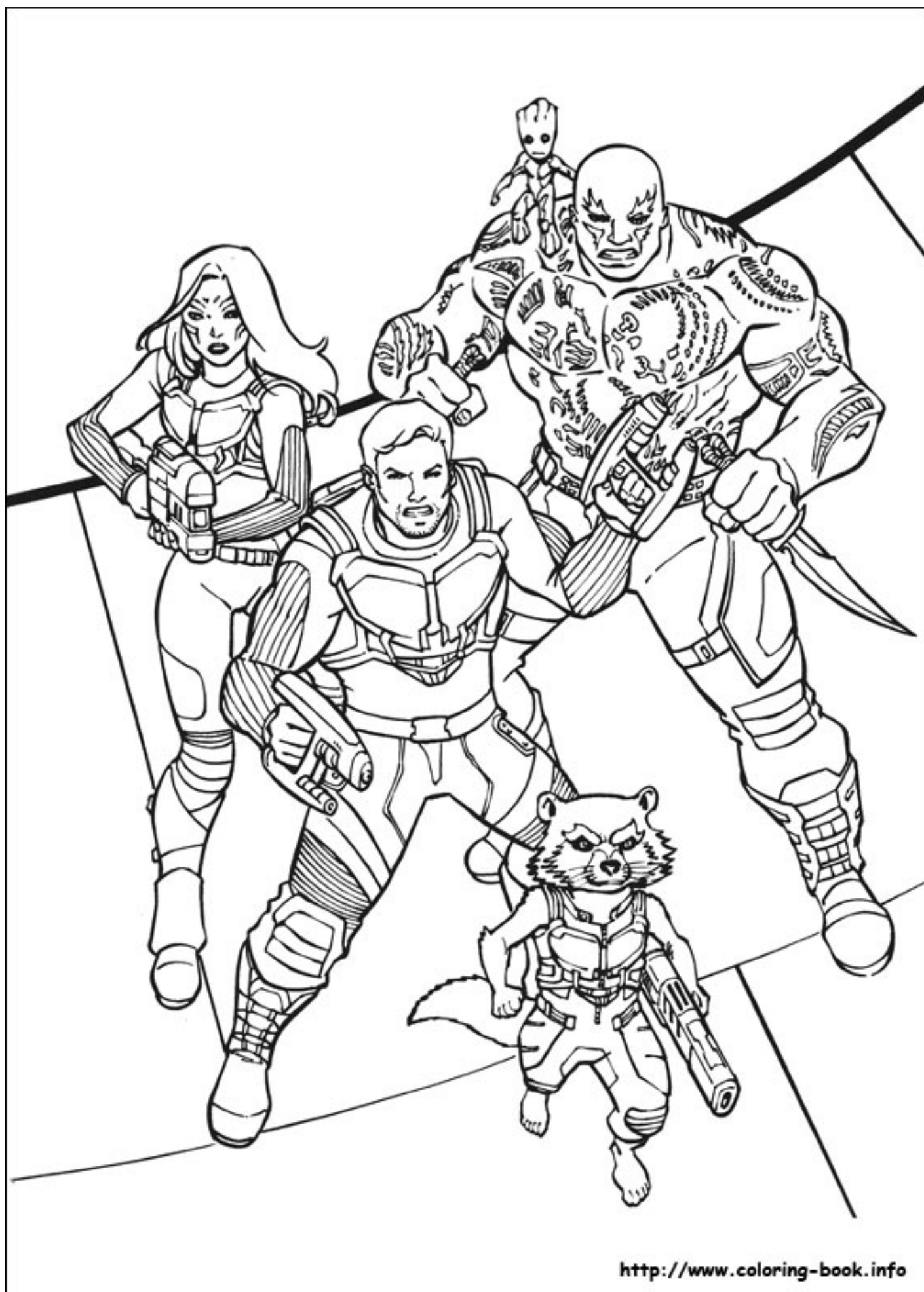
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During this weeks newsletter, we are focusing on the term anxiety. Have you ever wanted to know a little more about what anxiety is? The next 4 pages will help to develop your understanding of what anxiety is and how you can help yourself when feeling anxious.



ANXIETY MIGHT LOOK LIKE...

@POSITIVELYPRESENT

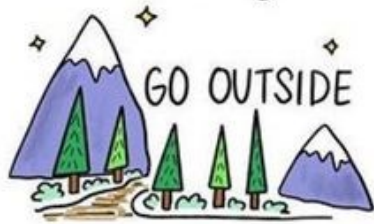


If you would like to learn more about anxiety and ways to manage this, speak to a member of staff. On the next page there are ways you can help yourself when feeling anxious. Feeling anxious is perfectly normal—and we will all experience anxiety from time to time.



when you feel ANXIOUS

@POSITIVELYPRESENT



ASK FOR
HELP

I'M FEELING
ANXIOUS. CAN
YOU HELP ME?



CREATE
SOMETHING



WRITE ABOUT
HOW YOU FEEL

TAKE A
DEEP
BREATH



LISTEN TO
SOOTHING
SONGS



STAY PRESENT

FIND A POSITIVE
DISTRACTION



@journey-to-wellness-



USE BREATHING TECHNIQUES THAT
FOCUS ON SLOW, DEEP, BELLY BREATHING.



GET AT LEAST 7 HOURS SLEEP EACH
NIGHT.



BE AWARE OF UNHELPFUL THOUGHTS &
LEARN HOW TO CHALLENGE THEM.



USE MANTRAS, AFFIRMATIONS &
'ANXIETY COPING STATEMENTS' DAILY.



EAT ANTI-INFLAMMATORY FOODS, DRINK
LOTS OF WATER & AVOID CAFFEINE.

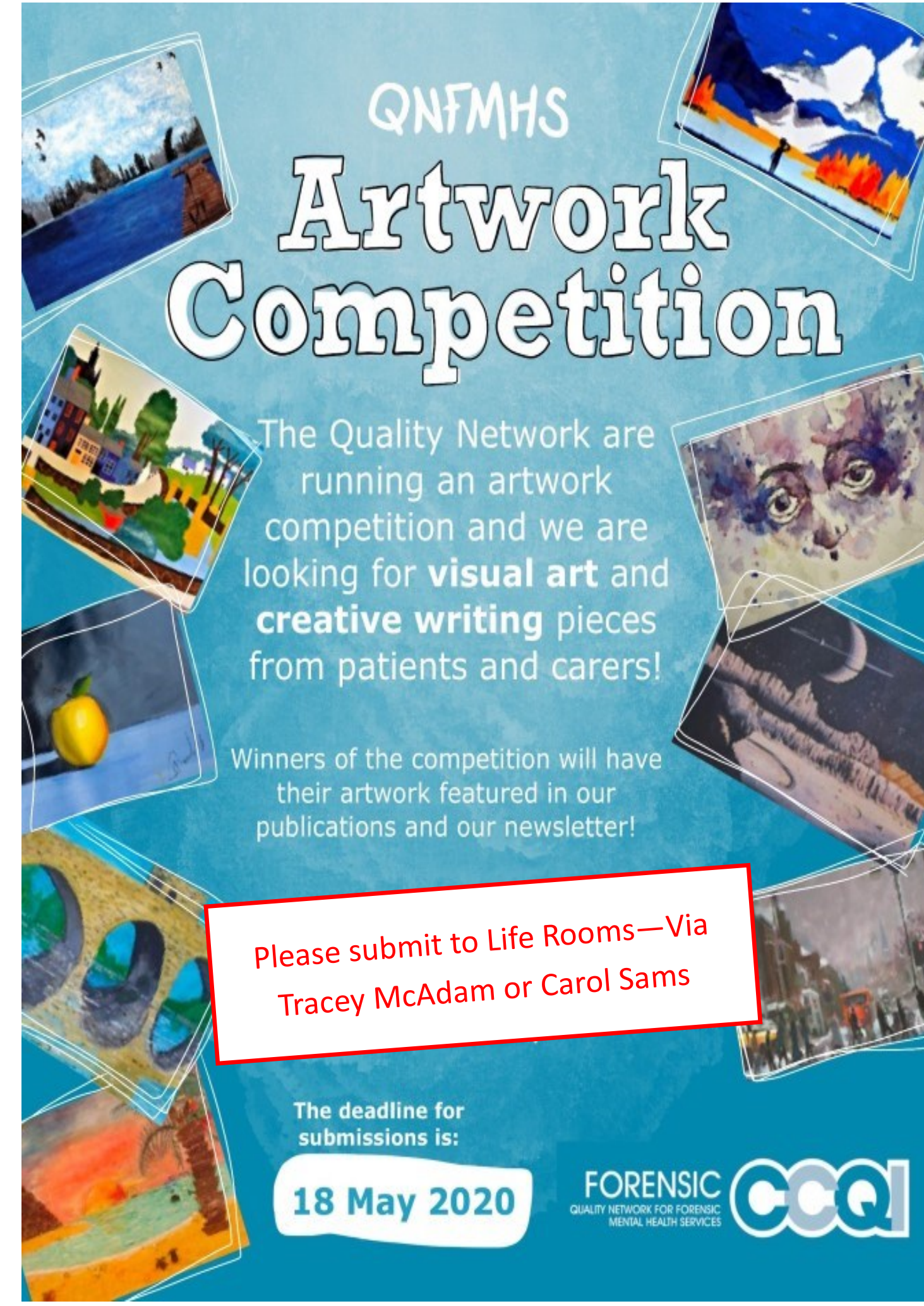


PRACTICE MINDFULNESS, EXERCISE,
USE ESSENTIAL OILS & BE KIND TO
YOURSELF.

A poem about isolation

When you find yourself
cocooned in isolation
And cannot find your
way out of the darkness
Remember that this is
similar to the place
Where caterpillars go to
grow their wings





QNFMS Artwork Competition

The Quality Network are running an artwork competition and we are looking for **visual art** and **creative writing** pieces from patients and carers!

Winners of the competition will have their artwork featured in our publications and our newsletter!

Please submit to Life Rooms—Via
Tracey McAdam or Carol Sams

The deadline for
submissions is:

18 May 2020

FORENSIC
QUALITY NETWORK FOR FORENSIC
MENTAL HEALTH SERVICES



Weekly Self-Care Checklist

Tasks	S	M	T	W	T	F	S
Got Enough Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Got Out of Bed on Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cleansed My Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completed My Dental Routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken Medication/Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spent Time Outside of the Bedroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had Some Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had a Snack or Two	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Connect with friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spent Time Outdoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had Water Throughout the Day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had Nourishing Meals for Breakfast, Lunch & Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken Some Deep Breaths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken a Shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditate & Relax	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



25 things you can CONTROL

- #1 How you respond to challenges.
- #2 Who you ask for help.
- #3 WHEN YOU ASK FOR HELP.
- #4 saying you need a break.
- #5 HOW YOU ACT.
How much effort you put to something.
- #6
- #7 Getting enough sleep.
- #8 Completing your responsibilities.
- #9 Using an i-Statement.
- #10 saying what you need.
- #11 How much exercise you do.
- #12 Setting your boundaries.
- #13 Respecting the personal space of others.
- #14 When and if you forgive others.
- #15 HOW OFTEN YOU SMILE.
- #16 owning up to your mistakes.
- #17 Whether or not you accept yourself.
- #18 Whether you look for the negatives or positives.
- #19 What you focus on in this very moment.
- #20 What goals you create for yourself.
- #21 THE KIND OF ATTITUDE YOU HAVE.
- #22 How you relate to your feelings.
- #23 Whether you help someone out or not.
- #24 How you take care of and treat your body.
- #25 WHEN YOU SHOW EMPATHY.

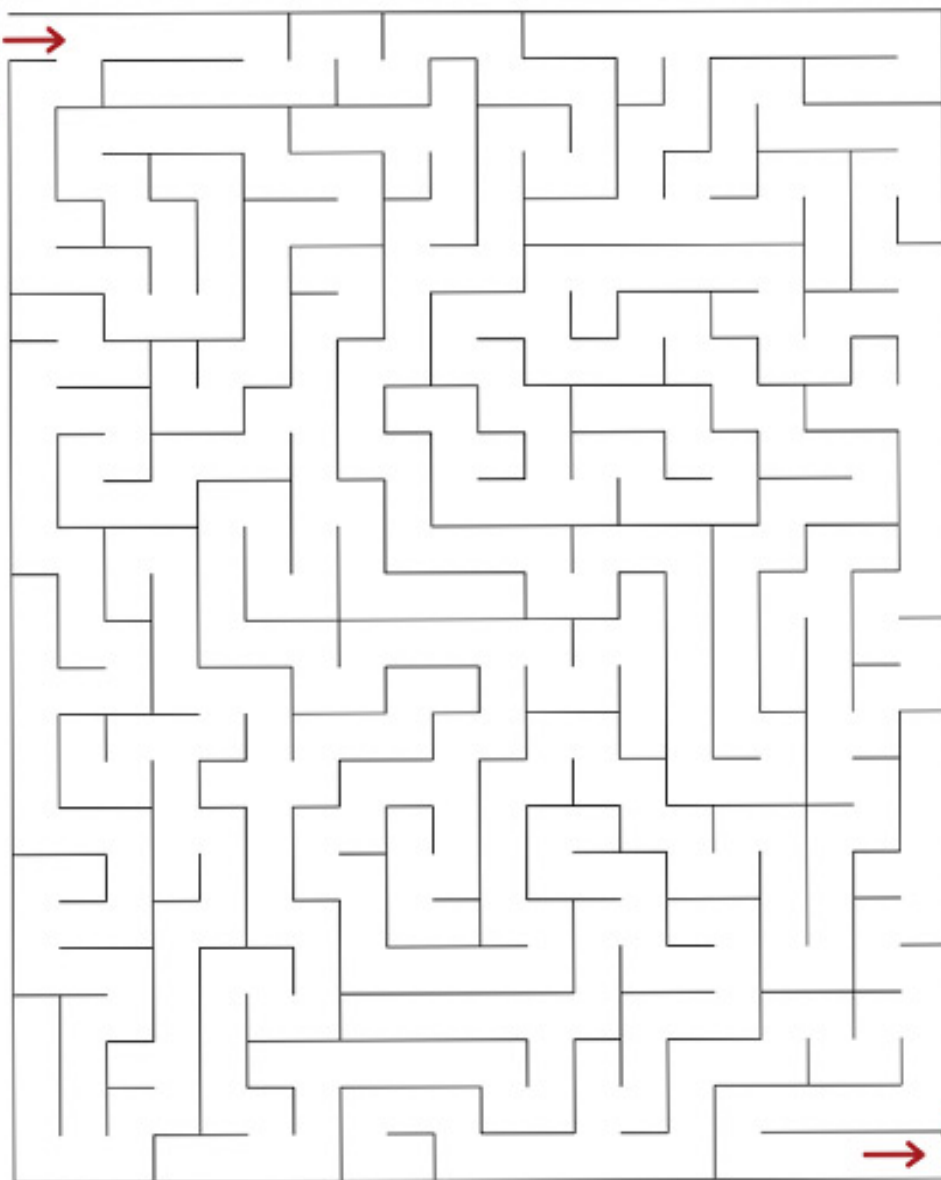


Harry Potter Maze

FREE PRINTABLE

Harry Potter Maze

Hedwig has some very important mail to deliver to Harry.
Help her find her way through the maze.



Fan Art Creation made by Lovely Planner - For Personal Use Only

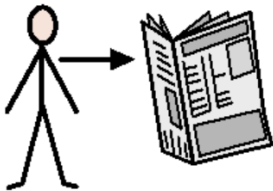
How to get involved in the weekly newsletter...



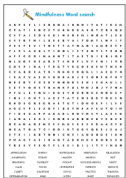
We are going to be sending out weekly updates. The updates will include any **changes** that are happening at Ashworth, Scott Clinic and Rathbone.



The newsletter will have information about **Coronavirus**. It will also have **fun things** to do like word searches and mindfulness colouring.



We would like service users to get involved in the weekly newsletter.



Ways you could get involved...

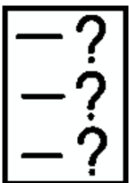
- Making a word search



- Writing an article to help staff and service users to stay positive during this difficult time.



- Art work



- Make a quiz



If you would like to get involved, ask your staff to email:
Carol Sams or Tracey McAdam in Life Rooms.