

Wellbeing Toolkit

Toolkit

1. Listen to n audios to help shift your mindset and relax your nervous system.
2. Using positive language to give yourself a sense of empowerment over your own recovery.
3. Journaling
4. Using breathing practices
5. Connecting to nature
6. Compassion and be kind to you
7. Relaxing hobby, e.g. crafts, fishing, walking, puzzles



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Relaxation audio, music, and meditation can help you get into a relaxed state. This sends a positive message to your nervous system, allowing your body to relax feel comfortable and calm. This can directly affect your heart rate, breathing rate, and blood pressure. You can listen to selected audios on this website there are also plenty to choose from on YouTube.

Using positive language to help your recovery journey

Toolkit Audios and why they work

The resources and recordings I have created have messages in them to help retrain your brain regarding your health and recovery.

By using positive, repetitive messages whilst in a meditative state, can help your brain develop new neural pathways creating new pathways in your brain.



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Positive Self-talk & Healthy Mindset:

Experiencing Long-Covid symptoms that affect your daily life and can affect the way you think about yourself.

Let's discuss tips and strategies for turning your thoughts around.



Focus on positive language

Using more positive language when talking to yourself isn't always easy!

Think of this like planting a seed. The more you revisit the seed, and water it with positivity, the easier this will become.

Practicing for just 1-2 mins throughout the day can help you take small steps in your own time.



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Being aware of your triggers and thinking about what you can do instead of what you can't do, helps you focus on the present and not the past.

Thrive when you can, rest when you can, and conserve your energy when you can.

Five Steps:

1: Stop.

2: Identify your triggers.
Ask yourself: *What can I do less of?*

3: Do more of the things that energise you
and less of the things that drain you.

4: Fill your own cup first.

5: Take charge of your thoughts.



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Journaling:

This can help empty your mind and process emotions you may have about living with the challenges of Long Covid.

Being able to express yourself and reflect on your feelings, thoughts, and emotions can help you change your perspective, and have a greater understanding of your situation.

There are many different types of journaling, if you do not know where to begin some ideas to get started:

- What are you grateful for today?
- What have you learned from your illness?
- What triggers contribute towards a crash?
- What things do you like and enjoy that don't trigger you?
- What can you do now that you could not do last year?

Benefits of journaling:

1. Reducing anxiety
2. Breaking away from the cycle of obsessive thinking
3. Improving the awareness and perception of events
4. Regulating emotions
5. Encouraging awareness
6. Boosting physical health

Thinking about adjustments you can make for yourself, to accommodate self-care and encourage self-compassion.

Breathing Techniques

Breathing exercises don't have to take a lot of time out of your day. It's just about setting aside time to pay attention to your breathing. Here are a few ideas to get started:

- Begin with just 5 minutes a day, and increase your time as the exercise becomes easier and more comfortable.
- If 5 minutes feels too long, start with just 2 minutes.
- When you begin, you may feel tired, but over time the technique should become easier and should feel more natural.



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Breathing in and out through the nose calms anxiety and the nervous system. Try the simple breathing techniques below. The more you practice breathing, even just a few minutes a day, the easier it will become to automatically use breathing techniques when feeling stressed and anxious.

Simple Breathing Techniques

Simply put one hand on your chest
And the other on your stomach

Breathe in through your nose
Breathe out through your nose

Taking 10 normal breaths.



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This exercise is good for focusing in by breathing in through the nose and out through the mouth. You can focus on letting go of the day and any stress during each out-breath. This will help you unwind and relax before bed.

Breathing Techniques (before sleep or anytime during day)

1. Lie on your back with your knees slightly bent and your head on a pillow.
2. You may place a pillow under your knees for support.
3. Place one hand on your upper chest and one hand below your rib cage, allowing you to feel the movement of your diaphragm.
4. Slowly inhale through your nose, feeling your stomach pressing into your hand.
5. Keep your other hand as still as possible.
6. Exhale using through mouth pursing lips and letting go

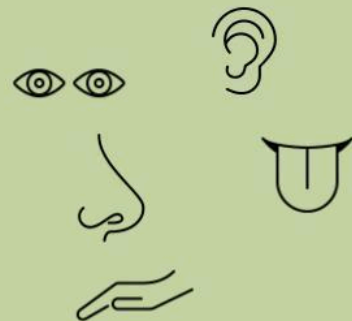


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Simple grounding technique

Becoming aware of your 5 senses is a quick way to ground yourself and become more aware of your body. This helps reduce stress and anxiety.

- Take a moment and focus on your breath
- Look around you and observe five different things in your environment
- Use your sense of touch, stroke your face, rub your hands together, put your hands over your eyes and breathe
- What sound can you hear in your environment? is there more than one?
- Take a deep breathe in through your nose, what can you smell?
- Swallow to activate taste buds



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Think about preparation before bed for a better sleep:

Limit your nicotine and caffeine intake.

Avoid big meals late at night, avoid drinking too many liquids in the evening, and cut back on refined carbs and sugary foods.

Avoid use of computer/ phone laptop allow enough time to wind down before going to bed.

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Bedtime Routine:

Listen to relaxation audio in bed.

Use essential oils (Lavender).

Have a relaxing bath.

Dark room, black out blinds.

Cool temperature in room.

Appropriate pillow support.

Go to bed same time every night and wake up at the same time help set your body clock

TIPS FOR HEALTHY SLEEP



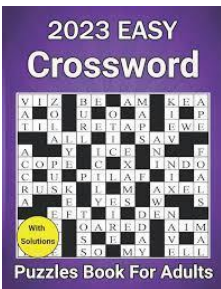


We are often supportive and compassionate to others but are more critical towards ourselves in the same situation.

The First Steps to self-care:

- The day you stop battling & fighting your illness and start to let go of placing high expectations on yourself, is your first step towards living through the lens of acceptance.
- Do what you can each day, when you can, with kindness & compassion to yourself first and then to others.
- Stop holding those you love at bay because you feel guilty, instead help them, by letting them help you. Let them help however they can, this gives people around you a sense of purpose.
- Love each other for who you are each day, work together to make your life ahead one of fulfilment, adventure, joyousness, and hope.
- Build a future that has quality of life & meaning, meet each day with hope & positivity. You do not have to travel this journey alone if you open your heart to it & let others in to share it.
- Start breathing and moving forward.
- Achievements and celebrating your success no matter how big or small improves your quality of living.

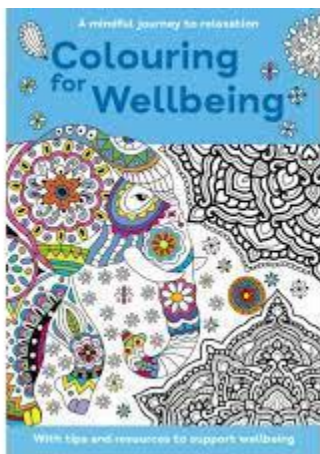
Ideas to start a relaxation hobby? Some examples include:



Easy puzzles to help stimulate your brain, thus helping your brain to become more agile over time.



Crafts can help relax the mind. Why not try painting, knitting, sewing and/or other crafts?



Colouring for mindfulness is helpful to train yourself to create mindfulness moments in your day and harness your thoughts.



Fishing is a relaxing hobby, and is especially good if you can find a spot not far from parking your car.