



# Staying Well in Hard Times

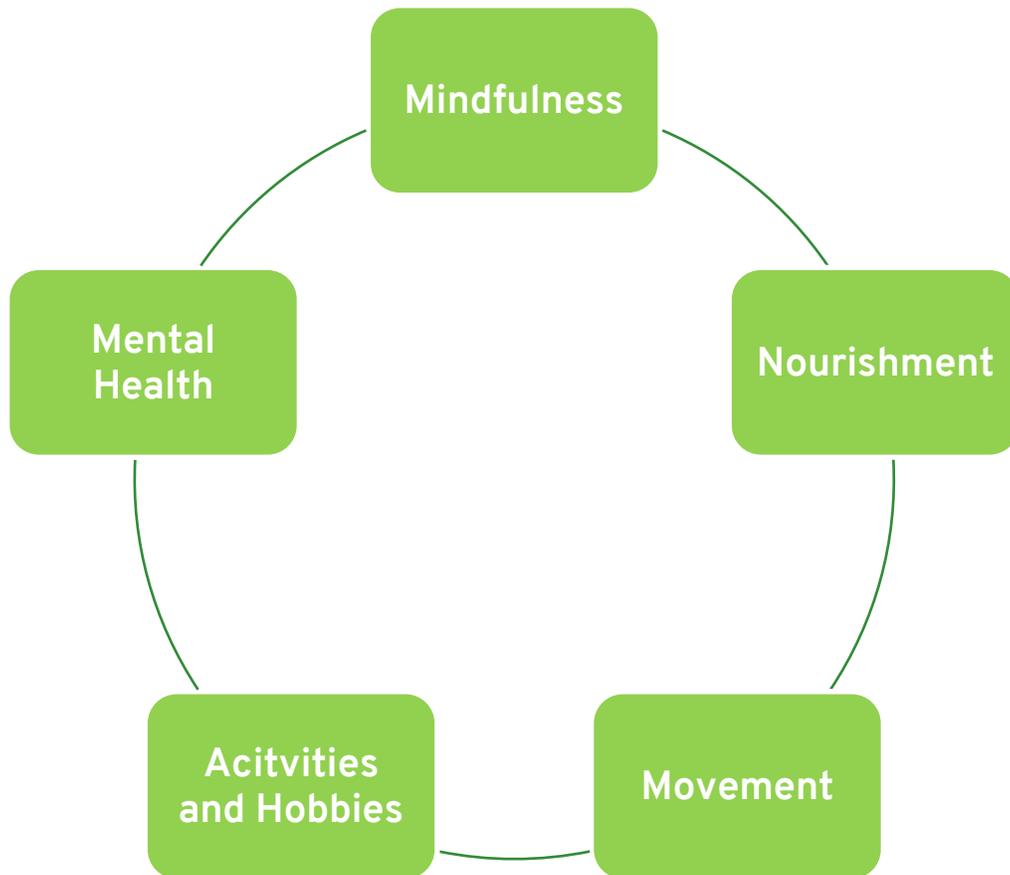
A resource for everyone

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The following resource has been developed for our community of staff, consumers and families as a response to the outbreak of COVID-19.

At One2One we recognise health and wellbeing as a key to living a good life.



# Mindfulness

**Mindfulness is the quality of being present and fully engaged with whatever we're doing at the moment – free from distraction or judgment, and aware of our thoughts and feelings without getting caught up in them – Headspace.com**

## Gratitude Practice

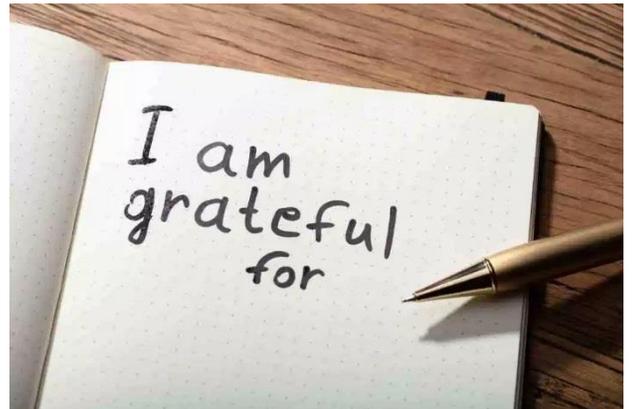
Everyone has times when they feel aware of being thankful for a person or a situation. These moments give us a good feeling that we call 'gratitude'.

Feeling grateful just happens sometimes, but you can also make a special effort to increase how often you feel it. Research has shown that people with high levels of gratitude experience a whole bunch of benefits, so it's a great idea to increase your own.

Increasing your gratitude is useful because:

- it's an instant mood booster and feels great in the moment
- you're likely to feel closer to friends and family
- you're likely to enjoy your life more
- it's good for your physical health
- it's easier to cope with tough times
- good things in life don't stick in our heads as easily as bad events

(reachout.com/articles)



[120 Gratitude Journal Prompts](#)

[Life Hack's 40 Simple Ways to Practice Gratitude](#)

[The 34 Best TED Talks and Videos on the Power of Gratitude](#)

## **Meditation**

Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective.

You're not trying to turn off your thoughts or feelings. You're learning to observe them without judgment. And eventually, you may start to better understand them as well (headspace.com).

You could check out Calm or Headspace and try their meditation apps for a trial period:

[Calm – Meditation App](#)

[Headspace – Medication App](#)

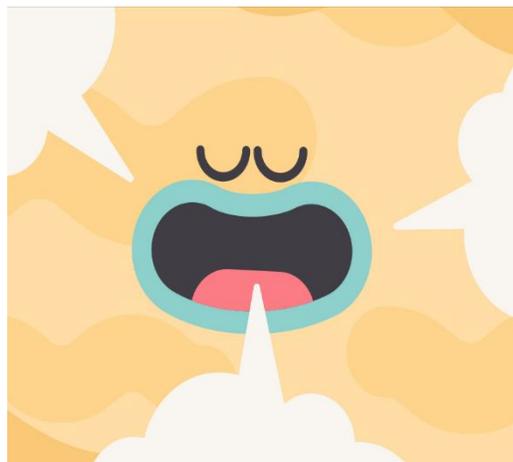
[5 Minute Meditation You Can Do Anywhere – YouTube Video](#)

[7 Ways Meditation Can Change the Brain – Article](#)

## **Breathing Techniques**

For hundreds of years, Buddhists, yoga practitioners, and eastern healers have believed that the breath is the foundation of our life force and energy – which is why many meditation practices and yoga classes include a strong focus on deep breathing techniques. When training in Buddhist meditation, we are taught the importance of having correct posture, breathing properly, and preparing the mind.

Today, studies show that breathing exercises can improve cognitive function, encourage positive thought processes, and reduce symptoms of anxiety (headspace.com/meditation).



[Breathing Exercises to Reduce Stress](#)

[Calm's Breathe Bubble – Guided Breathing Technique](#)

[Change Your Breath, Change Your Life – TED Talk](#)

## Pay It Forward

There are numerous benefits attached to paying random acts of kindness forward and helping someone else in need. Specifically:

- Doing good for others can have a powerful, positive effect on the immune system
- By contributing towards the greater good self-worth and self-esteem improves
- It can prevent people from becoming isolated, encouraging them to meet new people and step outside of their comfort zones
- Chronic negativity can be dismantled in the mind as positive energy flows from giving to others
- Studies have revealed that kindness helps relieve stress, which is a huge problem in many workplaces ([payitforwardday.com/about](http://payitforwardday.com/about)).

### [50 Ways to Pay It Forward](#)

### [Participate in Pay It Forward Day](#)

## Earthing or Grounding

Years of extensive research has shown that connecting to the Earth's natural energy, by walking barefoot on grass, sand, dirt or rock can diminish chronic pain, fatigue and other ailments that plague so many people today. This connection is referred to as Earthing or Grounding.

The Earth's energy upgrades one's physiology by allowing the body to cope and repair thereby promoting wellbeing, vitality and better sleep. It also harmonizes and stabilizes the body's basic biological rhythms, knocks down (and even knocks out) chronic inflammation and reduces and eliminates associated pain, making it the most natural and powerful anti-inflammatory and anti-aging remedy around! No matter what your age, gender, race or health status you will benefit from a daily dose of Earthing! ([barefoothealing.com.au](http://barefoothealing.com.au))



### [What is earthing? - Youtube Video](#)

### [Earthing Outdoors](#)

## Engage in Art!



Art influences society by changing opinions, instilling values and translating experiences across space and time. Research has shown art affects the fundamental sense of self.

Painting, sculpture, music, literature and the other arts are often considered to be the repository of a society's collective memory. Art preserves what fact-based historical records cannot: how it felt to exist in a place at a particular time.

Art in this sense is communication; it allows people from different cultures and different times to communicate with each other via images, sounds and stories. Art is often a vehicle for social change. It can give voice to the politically or socially disenfranchised. A song, film or novel can rouse emotions in those who encounter it, inspiring them to rally for change (masterpiecemixers.com).

### [Together in Art – New ways of experiencing art during isolation](#)

### [TED Talks – Art](#)

### [8 Healing Benefits of Art](#)

## Become a Birdwatcher!

There are quite a few science-backed health benefits to getting a daily dose of nature. Now, a new study finds that bird watching can have a positive effect on mental health. Researchers in Great Britain found that people who can watch birds from their homes have a lower risk for depression, stress, and anxiety compared to people who live in less leafy areas with fewer birds (consumeraffairs.com/news).

### [Birding at Home](#)

### [8 Benefits of Birdwatching](#)

# Nourishment

**Verb: 1. to sustain with food or nutriment; supply with what is necessary for life, health, and growth; 2. to cherish, foster, keep alive; 3. to strengthen, build up, or promote (dictionary.com).**

## Immunity Builders

Try incorporating the following well-known immunity builders into your routines. You can read more about each one [HERE](#).

1. *Immune-Boosting Vitamins and Minerals – Vitamin C and Zinc*
2. *Garlic*
3. *Lemon Ginger Tea*
4. *Bone Broth*
5. *Herbal Infusions*
6. Wild Mushrooms
7. Probiotics

## [How Does the Immune System Work? – TED Talk](#)

## [9 Ways to Boost Your Immune System](#)

## Facemasks

Masks are great for body and mind as well as skin. Setting aside some ‘me time’ for a masking session can be therapeutic and a great opportunity to relieve daily stress. Masking is the perfect time to practice meditation, soak in a hot bath or just catch up on your favourite TV shows (The Body Shop).

## [9 DIY Facemasks You Need to Make Tonight](#)



## Recipes

The best part about cooking is you can make it up! Why not try making a new recipe and if not, hunt your cookbooks and try a new challenge.

While trying to keep your immune system running well check out this immune boosting soup thanks to [thehealthychef.com](http://thehealthychef.com):

### INGREDIENTS

Serves 4

- 10 cloves garlic, smashed (approx 1 whole bulb)
- 2 tablespoon finely grated ginger
- 1 tablespoon fresh grated turmeric (see notes)
- 1 litre chicken or vegetable stock
- 1 litre water
- 500g organic chicken breast, cut into chunks (see notes)
- 2 bunches coriander, chopped
- ¼ cup (60 ml / 2 oz) mirin or rice wine (optional but delicious)
- 3 tablespoons tamari soy sauce

### METHOD

1. Combine the garlic, turmeric, ginger, stock, water and chicken into a large pot.
2. Simmer for 5 - 10 minutes over a low heat until chicken is cooked through and flavours have infused into the stock.
3. Add mirin, tamari and coriander just before serving.
4. Serve in large bowls and sip slowly. Enjoy.

[BBC's Immune Friendly Recipes](#)

[45 Immune Boosting Recipes](#)

[25 Super Easy Recipes to Boost Immunity](#)



# Movement

**Movement is essential for every aspect of health. At a very basic level, human beings are simply energy in motion. It is difficult to separate the difference between moving and living. The more sedentary your life is, the more important it is to intentionally move (ndhealthfacts.org).**

## Exercising at Home

Home workout apps are a great way to get moving when you're unable to get to a gym. It can be tricky to know which ones are worth your time, though.

The App Store and Google Play Store are both packed with apps that promise to help you improve your flexibility and fitness at home, but only the best are made by qualified professionals with a real understanding of what makes a workout safe and effective (techradar.com).

1. Aaptiv
2. Fitbit Coach
3. Asana Rebel
4. Adidas Training and Running by Runtastic
5. Nike Training Club
6. Zwift

You can find out more about each app [HERE](#)

[15 of the Best FREE Workout Apps](#)



## Yoga

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

The practice originated in India about 5,000 years ago, and has been adapted in other countries in a variety of ways. Yoga is now common in community centres, gyms, health clubs, schools and hospitals.

[38 Benefits of Yoga - Article](#)

[Yoga: A Beginners Guide](#)

[20 Minute Pilates Session - Youtube Video](#)

[20 Minute Yoga Session - Youtube Video](#)

## Other ways to exercise

- A brisk walk
- Jogging
- Climbing the stairs
- Playing tennis
- Dancing
- Biking
- Doing yard work like raking, digging and gardening
- Lifting free weights
- Using resistance bands
- Stretching various parts of the body
- Doing yoga or pilates
- Heel-to-toe walking
- Standing on one foot
- Practicing tai chi poses



## Activities and Hobbies

**Not only are hobbies fun, but they can refresh the mind and body; assist one in staying healthy, active and happy. The pleasure in participating can lead to positive feelings that can help fight against some illnesses ([linkedsenior.com](http://linkedsenior.com)).**

### 100 Ideas for at home activities or hobbies

1. Call a friend you haven't talked to for a while.
2. Read a novel.
3. Tidy up your garden.
4. Start gathering up extra stuff for a garage sale or thrift store run.
5. Write a letter to a family member.
6. Go to sleep earlier.
7. Invite a friend over for an afternoon of chatting and snacks over the internet!
8. Assemble extra meals for your freezer.
9. Go for a bike ride.
10. Start a journal.
11. Put on your favorite music and belt it out!
12. Complete your unfinished projects.
13. Choose one room in your house to clean, declutter and redecorate using stuff you already own.
14. Plant some edible seeds. Don't have a garden? Many veggies such as lettuce and radishes grow well in pots.
15. Stream your favourite concert online and set it up in your living room!
16. Pick up an instrument and practice, practice, practice.
17. Bake a delicious treat like banana bread, muffins or
18. Go outside with your kids and kick a soccer ball or shoot hoops.
19. Send an unexpected gift to a friend, neighbor or family member.
20. Pull out your mending pile and bring your wardrobe back to life.
21. Put your best sheets on your bed and then take a nap.
22. Write down your goals for the future or even that day.
23. Offer to walk your neighbour's dog or dog sit for a friend.

24. Set up a still life and draw it.
25. Drive to a serene spot and take a walk or meditate.
26. Sit down with a notebook and do nothing but doodle to see where your mind goes.
27. Bake bread and then relax into the smell.
28. Pull out your board games and play into the night.
29. Create a new recipe!
30. Take all your blankets and pillows and build a kick-ass fort. Eat dinner in there.
31. Make some homemade lemonade or iced tea.
32. Lay a blanket out in your backyard and stargaze or sunbake.
33. Pull out your piles of paper to organize, shred and file.
34. Take a long hot bath while listening to your favorite music.
35. Join your local library and check out their online e-books and resources.
36. Pet your dog/cat/guinea pig/unicorn/ferret – the cuddles help you release oxytocin.
37. Take advantage of sunny days and drink a cup mindfully in the sun.
38. Find yourself a pen pal and make use of snail mail or even emails.
39. Find a book and read aloud or try an audiobook.
40. Go to your wardrobe, find the weirdest stuff you have and do a catwalk!
41. Put a fresh coat of paint on an old piece of furniture.
42. Create a gym at home with furniture and items that could work like weights.
43. Recreate your favorite restaurant meal at home.
44. Research your favourite famous person, find out about their life!
45. Take another nap.
46. Find all the gift cards you've received through the years and treat yourself. Everything can be bought online now.
47. Try home-cooking for your pets! Find recipes online.
48. Pull out your comic books or try making one yourself!
49. Open your windows and air out your house.
50. Head outside and play eye spy with your family.
51. Make your own postcards and mail them to friends.
52. Read an autobiography.
53. Look up new craft projects online and attempt creating something.
54. Make a flower bouquet from your own garden, even if it's mostly greenery.
55. Hula hoop/jump rope/play hopscotch.
56. Go for a hike.
57. Go through your wardrobe and get rid of anything you no longer love – pass it on to a friend.

58. Trade clothes with a same size friend.
59. Call an older family member and learn what they did instead of watching TV.
60. Go on a picnic either in your local park or even the backyard.
61. Call a friend who's going through hard times to let them know that you're thinking of them.
62. Treat your family to a sumptuous feast with entrée, main and dessert!
63. Create a vision board and cut out from your old magazines.
64. Finish a home improvement project.
65. Look for volunteering opportunities that you can sign up to when you can.
66. Create a slip n slide in your backyard with a plastic tarp, hose and soap!
67. Go online and learn a new hairstyle or makeup style with tutorials.
68. Declutter and reorganize your closet in a way that's pleasing to the eye.
69. Buy yourself something completely indulgent online.
70. Go throw yourself in the ocean or river.
71. Light a fire in the fireplace and pour a glass of wine.
72. Take another nap.
73. Write a short story.
74. Go to your nearest track and do some power walking.
75. Eat breakfast for dinner or dessert for lunch. Treat yourself!
76. Give yourself a manicure or pedicure.
77. Track down the author of your last favourite book and email them.
78. Bust out that deck of cards for an hour or two of gin rummy, poker, solitaire or go fish.
79. Do an anonymous good deed for a stranger.
80. Try finding some new music to enjoy and create a playlist.
81. Sit on your front porch and people watch.
82. Offer to help around the house and do some cleaning you don't usually do.
83. Plan a holiday that you can go on when you can.
84. Dump out one junk drawer and get it clean and organized.
85. Take up sewing or making clothes.
86. Dedicate one day to all your boring errands to get them over with.
87. Trade magazines with a friend.
88. Spread a sheet on your living room floor and dump out all your Legos and start creating.
89. Challenge your kids to create their own board games, and then be willing to play the games.
90. Plan a date night at home with your partner.
91. Take close-up photos of the plants and flowers.
92. Stare into space and let your mind wander.

93. Read the newspaper.
94. Write a letter of appreciation to your mother/father as a Mother's/Father's Day gift.
95. Sign up for an online class in an area of interest.
96. Have a sleep in!
97. Find a comedy show to watch on Netflix.
98. Pore through your cookbooks and find new recipes to try.
99. Do things that would normally be outside of your routine.
100. Take another nap.

Adapted from [https://www.huffpost.com/entry/100-things-to-do-during-s\\_b\\_5264727](https://www.huffpost.com/entry/100-things-to-do-during-s_b_5264727)

## Mental Health

Are you or someone you know struggling with your mental health and wellbeing? You're not alone and the following resources are available to support you:

### Mental Health Resources

<https://www.beyondblue.org.au/>

<https://www.blackdoginstitute.org.au/>

<https://helpingminds.org.au/>

<https://au.reachout.com/>

<https://www.ruok.org.au/>

<https://www.sane.org/>

### Suicide Hotline

<https://www.lifeline.org.au/>

### Support for Kids

<https://www.kidshelpline.com.au/>

### Support for Men

<https://mensline.org.au/>

### Perinatal Support

<https://www.panda.org.au/>

### Support for Parents and Relationships

<http://www.parentline.org.au/>

<http://www.relationships.org.au/>