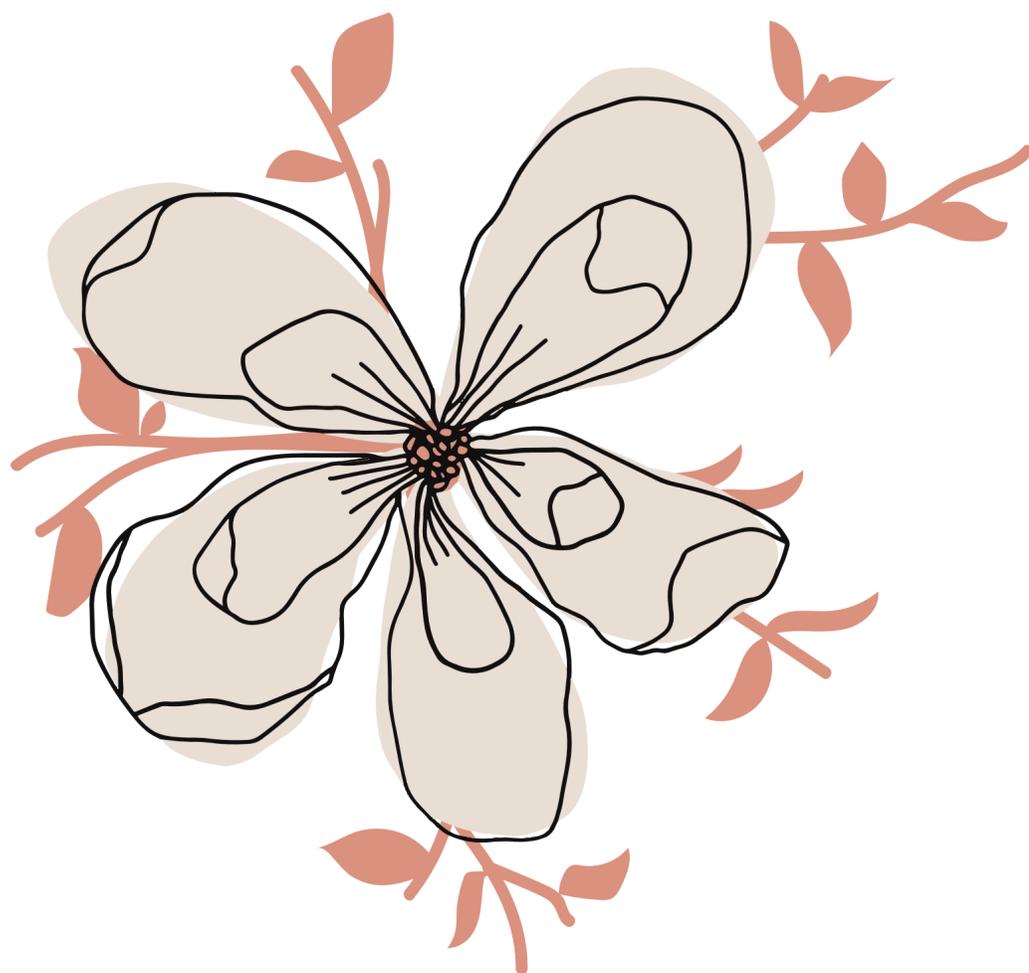


Small Steps Together



Wellbeing Pack 3

Exercise Challenge



Sit up



Crunch



Squat

Ab and squat challenge

Remember to warm up and stretch afterwards

- Day 1: 10 sit ups/10 crunches/25 squats
- Day 2: 20 sit ups/15 crunches/30 squats
- Day 3: 5 sit ups/20 crunches/35 squats
- Day 4: 10 sit ups/25 crunches/40 squats
- Day 5: REST
- Day 6: 15 sit ups/30 crunches/50 squats
- Day 7: 20 sit ups/35 crunches/55 squats
- Day 8: 30 sit ups/40 crunches/60 squats
- Day 9: 10 sit ups/10 crunches/25 squats
- Day 10: REST
- Day 11: 40 sit ups/50 crunches/65 squats
- Day 12: 40 sit ups/50 crunches/70 squats
- Day 13: 5 sit ups/5 crunches/5 squats
- Day 14: 10 sit ups/10 crunches/10 squats

If this is a little difficult reduce the amount of each or only do one thing a day, doing some exercise makes you feel better both physically and mentally

Recipe Idea!

Ham and cheese pinwheels

- Ingredients:
- 1 sheet of puff pastry
 - Ham
 - Grated cheese
 - parsley (optional)
 - dijon mustard (optional)



Method:

1. Unroll the pastry to make a flat rectangle
2. Smear with a light layer of the mustard if using, then add the ham and cheese
3. Roll the pastry dough into a log, and trim the ends so they are even. Cover it with cling film and refrigerate for at least 20 minutes
4. Remove the log and cut into slices. Place sliced on a lined or greased baking tray spiral side up
5. Bake in the oven 190C/gas mark 5 for 18 minutes or until golden brown
6. Add the chopped parsley to finish

Store in the refrigerator and eat within 4 days of making them.



Relaxation

(Five to Thrive - Relax)



Deep-breathing exercise

Many people have the tendency to breath faster than normal when they are anxious. Sometimes this can make you feel a little dizzy, which makes you more anxious you breathe even faster, which can make you more anxious, etc. If you practice deep breathing when you are relaxed, you should be able to do this when you feel tense or anxious to help you relax.

Try the following for 2-3 minutes. Practice this every day until it comes naturally to you and you may find it reduces your background anxiety. You will then be able to do it routinely in any stressful situation:

- Breathe slowly and deeply in through your nose, and out through your mouth in a steady rhythm. Try to make your breath out twice as long as your breath in. To do this, you may find it helpful to count slowly 'one, two' as you breathe in, and 'one, two, three, four' as you breathe out.
- Mainly use your lower chest muscle (your diaphragm) to breathe. Your diaphragm is the big muscle under the lungs. It pulls the lungs downwards which expands the airway to allow air to flow in. when we become anxious we tend to forget to use this muscle and often use the muscles at the top of the chest and shoulders instead. Each breath is more shallow if you use these upper chest muscles. So, you tend to breathe faster and feel more breathless and anxious.
- You can check to see if you are using your diaphragm by feeling just below your breastbone (sternum) at the top of your tummy (abdomen). If you give a little cough, you can feel the diaphragm push out here. If you hold your hand here you should feel it move in and out as you breathe.
- Try to relax your shoulders and upper chest muscles when you breathe. With each breath out, consciously try to relax those muscles until you are mainly using your diaphragm to breathe.



Activity

Write yourself a kind letter

Sit down and write yourself a physical letter. Telling you how much you admire you, how far you have come, happy things in your life, how you are growing and learning etc. Then put it in an envelop and tuck it somewhere safe and then take it out and read it again when you need a little self-kindness.



Sticky note hunt

Write a handful of sticky notes with kind quotes on them. Then, hide the notes in random places, such as a book, on the milk, in the bathroom draw etc.



Photo Challenge



We are challenging you to take a picture of a specified object

The challenge:

An Animal/Animals



Six tips to taking a good photo:

1. Be in the moment and prepare for the unexpected
2. Pay attention to what most people don't, reflections in puddles, windows, mirrors etc.
3. Think about light. Lighting dictates shapes, texture, contrast.
4. Frame your picture or make use of lines. An open door or window, branches of a tree etc.
5. Think about composition. Objects don't always have to be in the centre of the photo.
6. Practice and try again. Take lots and keep the best



Baby Activity - Sensory Bottles

(Five to Thrive - Play)

You will need:

- An empty plastic bottle
- Something to put in it e.g. rice, pompoms, pegs, glitter, feathers, sand
- Tape or glue

Method:

- Soak the label off a bottle
- Place the items inside
- glue or tape on the lid to stop it opening



Podcasts & Useful Apps



Giovanna Fletcher does a range of podcasts called Happy Mum, Happy Baby and speaks to both mums and dads about parenthood.

<https://play.acast.com/s/happy-mumhappybaby/>

App: Chill panda

This app is good for both adults and children. Learn to relax, manage your worries and improve your wellbeing with Chill panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercise to take your mind off your worries



Baby Rhyme Time

(Five to Thrive - Talk)



Row, Row, Row your Boat

Row, row, row your boat, (rock baby in your arms, or if older sit opposite and move back and forth)

Gently down the stream,
Merrily, merrily, merrily, merrily,
Life is but a dream.



Row, row, row your boat,
gently down the stream,
If you see a crocodile (clap your hands together like a crocodile's jaws)
Don't forget to scream (scream)

Row, row, row your boat,
Slowly back to shore,
If you see a lion,
Don't forget to roar (roar like a lion)

Row, row, row your boat,
Gently up the creek,
If you see a little mouse,
Don't forget to squeak! (squeak like a mouse)

If nursery rhymes are not your thing, dance around with your baby to your favorite types of music! Here are some feel good suggestions. We would love to know yours!

- Bruno Mars - Uptown Funk
- Journey - Don't Stop Belivin'



Useful Contacts

GP's Surgeries –
The Riverside Practice, March:
01354 661922
Mercheford House, March:
01354 656841
Cornerstone Practice, March:
01354 606300
Wimblington Surgery:
01354 740311
Doddington Surgery:
01354 740311
Manea Surgery:
01354 680774
George Clare Surgery, Chatteris:
01354 695888
New Queens Street Surgery, Whittlesey:
01733 204611
Jenna Health Centre, Whittlesey:
01733 206210

Health Visitors Duty Desk:
0300 029 50 50 option 3

Mind: 0208 215 2243

Fenland Community Midwife Team:
01354 644366

Housing Associations –
Circle Housing Roddons: 0800 111 6447
Clarion Housing: 0300 500 8000

Fenland District Council: 01354 654321

Citizens Advice line: 03444 111 444

Child & Family Centres –
March:
01354 656581
Chatteris:
01354 697739
Whittlesey:
01354 750185

Emergency Contacts

Crisis Team: 111 option 2 for Mental Health
Samaritans: 116 123
Police: 999 or 101
Social Care Contact Centre: 0345 045 5203
Domestic Abuse Organisations –
Refuge National Domestic Abuse Helpline:
0808 2000 247 or visit
<https://nationaldahelpline.org.uk>

For more information on the service offered
or how to refer please contact...
Louise Garner on 07867 385136
Email: sst@ormistonfamilies.org.uk
Visit our Website: www.ormiston.org
Facebook: <https://www.facebook.com/ormistonfamilies>

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