

Winter Wellbeing Lockdown Guide



This booklet explores ways to stay well during the winter Lockdown and has been put together by members of the Winter Wellbeing Project (online) with Brunswick Parish Church.

Thanks to contributions from:
Elizabeth, Alison, Margaret, Doreen,
Jacinth, Ijeoma & Mavis.

Inhale, Exhale & Let's Get Cracking – It's been a tricky and challenging year, take some time to sit with your breath, pause for a moment, and then get on with being the best version of yourself!

Mindfulness is a tool for focusing the mind on the present moment. Through regular practise mindfulness can reduce stress and anxiety.

Try mindful colouring in as a way to relax. Find a comfortable position where you can sit and colour, or shade in the picture.

Bring your awareness to your breath. Notice the breath as it flows into the body through the nose. Notice any subtle changes to the body.

As you start to colour the picture, keep noticing your breath. If any thoughts come into your mind, do not be discouraged. This is natural.

Sometimes it is useful to imagine the thought is a cloud passing along a blue sky – that for a short while crosses your consciousness and then moves out of sight.

Practise this for as long as it is comfortable. You can always come back to the picture later.



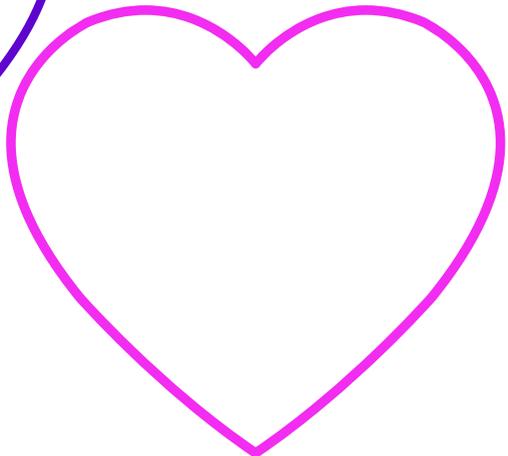


MUSIC

Listening to music can lift our spirits and transport us to a different time and space. You can listen to the playlist of our favourite songs on **YouTube** here :

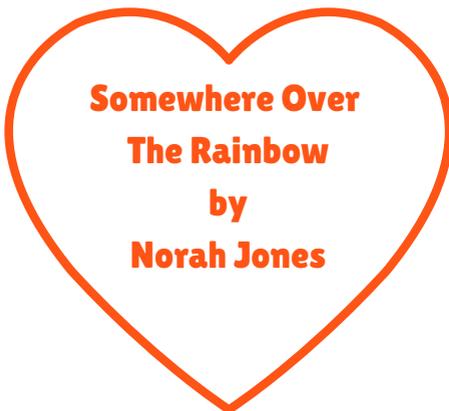
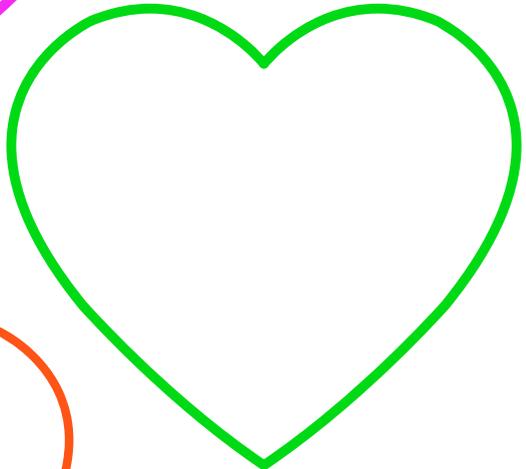
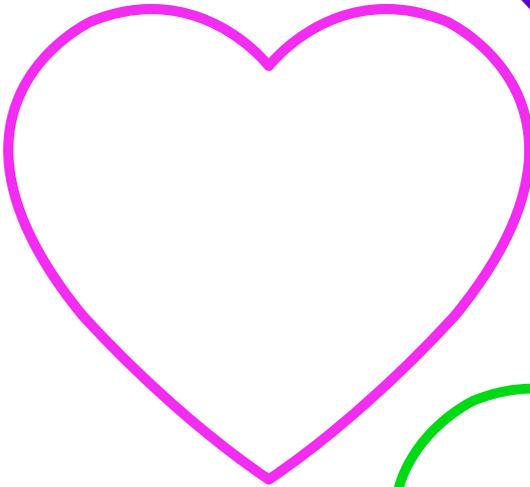
[https://www.youtube.com/playlist?
list=PLPzHeH4movWkB5jksBk8Sizl5VT0m3DPw](https://www.youtube.com/playlist?list=PLPzHeH4movWkB5jksBk8Sizl5VT0m3DPw)

What are your favourite songs to listen to? Add some of your own favourite songs to the hearts!





**Jerusalem
by
Master KG**



**Somewhere Over
The Rainbow
by
Norah Jones**



NATURE

Interacting with nature can be not just enjoyable, but also beneficial to our mental health and wellbeing, aspects of our health that are particularly important to look after. You don't need to travel far away to appreciate nature.

Step outside your house and take notice – what sounds do you hear, what do you smell, what do you feel?

This excerpt is taken from the 'Thriving With Nature Guidebook Digital Copy'. You can read the whole thing here:

<https://www.mentalhealth.org.uk/campaigns/thriving-with-nature>



Relaxation and mindfulness

Taking quiet time to reflect on our natural surroundings can be positive for mental health and wellbeing. There is evidence that 'forest therapy' or 'forest bathing' (famously known as Shinrin Yoku in Japan) may lead to improved mental health. This involves spending active time in a forest observing our surroundings, using all of our senses.

The practice of 'mindfulness' (a way of directing non-judgemental awareness towards our thoughts, feelings, environment and body) has been found to reduce feelings of stress, and increase feelings of self-compassion and empathy, and who doesn't want to be a little kinder to themselves?

If you cannot get to access nature outside, you can connect with nature inside your home or in your garden.

Alison recommends: Aloe Vera, Peace Lily's & Money Plants are easy to care for indoor plants that will keep flowering year after year.

MOVEMENT

When it comes to reducing arthritic pain & stiff joints **MOTION IS LOTION**. Gentle movement within your safe, pain free range of motion will help lubricate your joints and reduce some of the winter aches and pains.

Why not play you favourite song and dance around your kitchen?

Try some gentle Chair Yoga :
<https://youtu.be/CAG8rPjiMg0>

We recommend watching the video in full before attempting to follow along and ALWAYS consult a Doctor or Medical practitioner before beginning a new physical activity.

Go for a short walk outside of your house. Take notice of how our surroundings change over time.



Belle Vue Zoological Gardens 1958



Belle Vue Zoological Gardens which opened in 1836, was a large zoo, amusement park, exhibition hall complex and speedway stadium.

FOOD

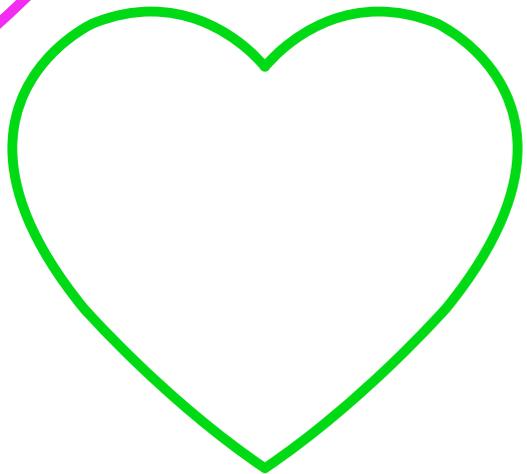
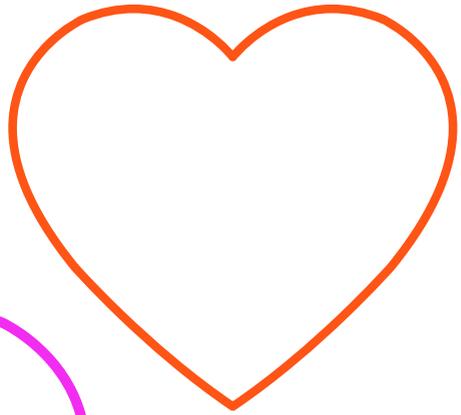
Food has been really important to us all during Lockdown. Whether you've been creating and experimenting with new recipes or you've been cooking up old favourites as a comfort and a distraction.

What have been your favourite Lockdown foods?
Add them to the heart's below:





**Jas' Caribbean
Rice & Peas
& Curry Goat**



Margaret's Top Tip for a Tasty Fruit Salad –
Peel and chop up all of your favourite fruits, place
them in a bowl and add some non-alcoholic ginger ale
for a sweet and delicious treat!

Try Ijeoma's Assorted Meat Pepper Soup



Ingredients:

- *600g Assorted Meats*
- *Onion*
- *2-4 Scotch Bonnet thinly chopped*
- *2 Tablespoons Pepper Soup Spice*
- *3 Cloves Garlic*
- *1/2 Inch Ginger Root*
- *1 Teaspoon Cayenne Pepper
(Ata gun gun)*
- *3 Tablespoons Dry or fresh
Efinrin/ Basil/ leaves OR Utazi Leaves*
- *1 Tablespoon Black Pepper*
- *3 Knorr cubes*
- *Salt to taste*





Preparation:

Wash your meats thoroughly, then transfer into a pot. Remember to boil Offals like Kidney, Liver, Heart separately. Do not add any water. Add blended/Chopped Garlic, Onions and Ginger. Also add the Knorr cubes and salt to taste. Place on medium heat and allow the meats to sweat out their moisture and absorb the spices and onions. This should take 13-15 minutes...Then add enough water to cook the meats and leave to cook till soft.

You'll need to have at least 5 cups of meat stock by the time the meats are cooked. When the meats are soft, add the Chopped or blended Scotch Bonnet and Cayenne pepper. When the meats are soft, add the Chopped or blended Scotch Bonnet and Cayenne pepper. Add then the Pepper soup Spice. Taste for seasoning and adjust if necessary. You may need to add some more water if your pepper soup tastes too concentrated....And the chopped Basil, Efinrin or Utazi leaves, then, switch the heat off and leave to simmer with the residual heat for 2-3 minutes...Your Assorted Meat Pepper Soup is ready....



GIVE

When you express your gratitude in words or actions, you not only boost your own positivity but [other people's] as well. And in the process you reinforce their kindness and strengthen your bond to one another [1].

You can give your time, energy and support by:

- Texting or calling an old friend or relative
- Saying thank you to someone for something they've done for you
- Give somebody a compliment
- Volunteer your time if you are able to

[1] Greater Good. (2016). 5 Ways Giving Is Good for You. [online] Available at: http://greatergood.berkeley.edu/article/item/5_ways_giving_is_good_for_you [Accessed 26 May 2016].



The Winter Wellbeing Project will continue until February 2021, we meet on Tuesday mornings 10am – 11.30am via Zoom. The group is open to Ardwick residents aged 50+, and we would like to encourage adults who identify as Black, Asian, other Minority Ethnic or People of Colour to join.

Email Mo via mo@brunswickparishchurch.org.uk to find out about our next session!

With thanks to Mo Blue, Siobhan O'Connor, Sarah Atter & Hebe Reilly.



Archives +