

Issue 4

£FREE

 mind Bath

# Wellbeing

Bath and North East Somerset

## NUTRITION & EXERCISE

To support your wellbeing.

## FREE COURSES & RESOURCES

Find out more inside!

## PLUS

Wordsearch,  
Crossword,  
Colouring and  
puzzle

Photograph courtesy of Jodie

## OUTDOOR SWIMMING

What do people  
love about it?

## HOW ARE YOU SLEEPING?

Top tips to improve  
your sleep

## UNDERSTANDING WORRY

For children and  
young people

## ANTI-AGEING EXERCISES!

See our top 5 tips

## Wellbeing Activities, Advice and Support

Bath Mind's website has a wealth of wellbeing activities, advice and support. You can find healthy, nutritious recipes from Food for Thought, gardening activities from Greenlinks as well as colouring, puzzles, games and activities to support wellbeing in nature.

**Weblink:** [www.bathmind.org.uk/advice-and-support/wellbeing-activities/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/)

## Covid-19 Support for Mental Health & Wellbeing

[www.bathmind.org.uk/advice-and-support/coronavirus/](http://www.bathmind.org.uk/advice-and-support/coronavirus/)

## Breathing Exercises

[www.bathmind.org.uk/advice-and-support/wellbeing-activities/breathing-exercises/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/breathing-exercises/)

## Colouring for Relaxation

[www.bathmind.org.uk/advice-and-support/wellbeing-activities/colouring-for-relaxation/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/colouring-for-relaxation/)

## Nature

[www.bathmind.org.uk/advice-and-support/wellbeing-activities/nature/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/nature/)

## Puzzles, Games & Quizzes

[www.bathmind.org.uk/advice-and-support/wellbeing-activities/puzzles-games-and-quizzes/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/puzzles-games-and-quizzes/)

## Recipes & Nutrition

[www.bathmind.org.uk/advice-and-support/wellbeing-activities/recipes-nutrition/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/recipes-nutrition/)

## Gardening

[www.bathmind.org.uk/advice-and-support/wellbeing-activities/gardening/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/gardening/)

## Craft Activities

[www.bathmind.org.uk/advice-and-support/wellbeing-activities/craft-activities/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/craft-activities/)

## Physical Wellbeing

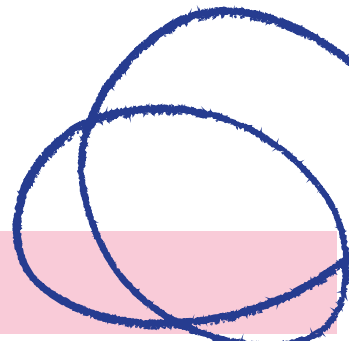
[www.bathmind.org.uk/advice-and-support/wellbeing-activities/physical-wellbeing/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/physical-wellbeing/)

## Self-Help Tips

[www.bathmind.org.uk/advice-and-support/self-help-tips/](http://www.bathmind.org.uk/advice-and-support/self-help-tips/)

## Social Media

Follow us on social media for news and regular updates.



# Welcome!

Welcome to Wellbeing in Bath and North East Somerset.  
Bath Mind are here to support the mental health and wellbeing of all those living in our community.

Through this publication, we will be bringing you information and support for your wellbeing.

For more information on Bath Mind's services and how we could support you, or someone you know, please visit our website:

[www.bathmind.org.uk](http://www.bathmind.org.uk)

## **This issue includes**

**The importance of sleep for our mental health**

**Our Top 5 Anti-Ageing Exercises**

**Wordsearch**

**Understanding Worry in Young People**

**We Meet 3 People Who Love Outdoor Swimming**

**Crossword**

**Recipe**

**Puzzle**

**Mindful Colouring**

This publication is intended to support your wellbeing; it is not a substitute for professional advice.  
Information correct at time of going to press.  
Please always check local situation regarding Coronavirus, as restrictions may change.  
For daily update information please refer to [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

**Contact: [press@bathmind.org.uk](mailto:press@bathmind.org.uk)**

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# How are you sleeping?

The importance of sleep for our mental health.



On average, we spend around a third of our lives sleeping. When we sleep, our brains process and store new information and our bodies repair cells. These processes all support our mental and physical health. A lack of sleep can affect our overall wellbeing.

## There is lots we can try to help improve our sleep:

### Look after yourself

How we look after ourselves during the day can also affect how we sleep.

Try to avoid big meals before bedtime. Avoid caffeine for several hours before bed.

Getting outside and taking in fresh air during the day can be beneficial to our sleep.

### Keep a sleep routine

Going to bed and waking around the same time each day or going to bed when you feel ready to sleep, and waking up at the same time every day can help establish a sleep routine.

If you've had a bad night of sleep, avoiding activities because you feel tired may make sleeping that night more difficult.

### Preparing your sleeping area

Experiment with different things such as temperature, light, noise and bedding.

Many sleep better in a slightly cooler environment. If your environment is light, you may find wearing a sleep mask helps. Most find they sleep better in quiet environments, but if you don't, try listening to music or a podcast. If your environment is noisy, you may find wearing ear plugs helps.

You may sleep better with lighter or heavier weight covers; warmer or cooler bedding.

### Preparing for sleep

Preparation can be very powerful in helping us sleep. Try to avoid screens for an hour or two before bed as the blue light emitted by screens can affect how we sleep. Avoid activities which may stimulate your brain. Breathing exercises, meditation, listening to a relaxing podcast or drinking herbal tea may help some relax and get ready for bed. If your mind is racing with thoughts which are preventing you from relaxing, try writing those thoughts down, reassure yourself that you can address these issues tomorrow, replace them with visualising something that makes you feel calm and relaxed.

You may like to try this guided sleep meditation which can help prepare you for sleep:

[www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation/](http://www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation/)

### Try to avoid clock watching

If you are finding it hard to fall asleep, try to avoid checking the time. If you can't fall asleep, try getting up and doing a 'mundane' task for a few minutes, then go back to bed. Worrying about the fact that you are not able to sleep can make it harder to sleep. If you're struggling to sleep, do something to relax yourself rather than focussing on negative thoughts. Focussing on your breath can help bring you back to the present moment and calm your mind.

### On waking in the morning.

Try to look at natural daylight before looking at screens - this can help your circadian rhythms and your body's natural 'sleep-wake cycle.'

**When to seek help: If you are finding it difficult to sleep long term, talk to your GP.**

## Information and support

You can find more information and support here: [www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/](http://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/)

**If you are experiencing difficulties with your sleep or would like support with your wellbeing, you can contact Bath Mind here:  
[www.bathmind.org.uk/resources/get-help-now/](http://www.bathmind.org.uk/resources/get-help-now/)**

# Our Top 5 Anti-Ageing Exercises

As we grow older, many of us invest a lot of time, thought and money into attempting to avoid the natural process of ageing. If you are searching for an all-natural method that could protect your brain, bones and muscles from some of the effects of ageing, the answer could in fact be as simple as incorporating a balanced exercise programme into your life.

## 1. Cardiovascular exercise

This form of exercise is essential for heart health. Walking is a great form of this type of exercise. Trying to reach the often mentioned ideal of 10 000 steps a day may not be possible for everyone, but aiming for 30 minutes 5 days a week may be more achievable. Remember that this can be broken up into chunks, for example walking for 10 minutes three times per day. Swimming and cycling are also great examples of cardiovascular exercise.

## 2. Strength training

This type of exercise may help to prevent muscle wastage. Squats and lunges are examples of these and can be performed in your own home without any specific equipment. Always ensure you have the correct technique, and consult a professional if you are unsure. Two to three times per week and 10-15 reps for each exercise is a good guideline. HIIT or High Intensity Interval training is a great way to combine strength training and cardiovascular exercise.

## 3. Flexibility

Try to include stretching exercises at least twice a week and hold each stretch for 30-60 seconds. Yoga is a great way of building up and maintaining flexibility - try to find a beginners class near you.

## 4. Focus on core strength

Our core muscles form part of our inner musculature that helps to support our spine and keep us upright. This helps to ensure we maintain a good posture and can help to prevent back problems. Pilates classes can benefit core and back strength as well as exercises using stability balls.

## 5. Balance

Falls can become more common as we grow older and become more unstable on our feet. It is therefore very important to work on maintaining our balance. This should ideally form part of any exercise programme. Simple movements like supporting yourself while trying to stand on one leg at a time may help to improve balance.

**Join our over 55s group to meet like-minded people who are looking to stay healthy mentally and physically.**

**Find out more and self-refer here:-**

<https://www.bathmind.org.uk/movement-for-wellbeing-over-55s/>

# WORDSEARCH

## Healthy, nutritious Foods



ALMONDS  
ANCHOVIES  
APPLE  
AUBERGINE  
BEANS  
BROCCOLI  
CABBAGE  
CARROTS  
CHEESE  
CHICKEN  
CHICKPEAS  
COURGETTE

CUCUMBER  
EGGS  
GARLIC  
GRAPES  
KIMCHI  
LENTILS  
LETTUCE  
MACKEREL  
MILK  
MUSHROOMS  
ONIONS  
ORANGES

PARSNIPS  
PASTA  
PEARS  
PEAS  
PEPPERS  
POTATOES  
SALMON  
SPINACH  
SWEETCORN  
TOMATOES  
WALNUTS

# Understanding Worry

For children and young people



## What is worry?

Worrying is when we may be thinking about the past, or the future. It is usually about something specific and temporary - for example, starting a new school, a test or an occasion. Worrying is part of every day life. However, it can become a problem if we don't learn ways to deal with it, and if it continues for a long time.

## Why am I worrying?

We may not know why we feel worried. That's OK, and it can be good to talk with someone you trust about how you are feeling.

## What is the difference between worry and anxiety?

Worry is normal and usually temporary. Anxiety can be when worry becomes too much for us, and we think about the worry a lot. This may make us feel very unsettled, and even have physical symptoms such as shaking, headaches or tummy aches.

## What's the point of worry?

Worry is a natural human feeling. It can remind us to use problem solving skills to help us with the thing that is worrying us. There are tools and techniques we can learn which help to combat worries so that we can feel more relaxed.

## How can I combat my worries?

There is lots you can do to help! If you feel yourself beginning to worry, you can try different things to see what works best for you - everyone is different!

### Connect. Talk to someone.

Saying things out loud can help solve or break down your worries and find potential solutions. Worries can be heavy to carry, talking with someone you trust can make worries feel much less heavy.

### Create one "Worry Time" in the day

This can be difficult, but try to choose one time and place in the day and train your mind so that you only worry at this specific time. For example, this could be for 15 minutes at lunchtime. Try not to think about your worries before bedtime.

### Write down your worries

Writing down your worries - in a journal or on a phone or pad, can help you to see them more clearly. You may want to put them in order with your biggest worries first, which can help you see which worries are troubling you the most.

### Bring your attention to your body

Worries are in our mind, and our minds can't focus on our worries if we focus on something else. Changing your focus to your body can help - you could do some simple stretches, dance, or shake your hands and arms to 'shake out' your worries.

### Do something fun

What do you enjoy? Perhaps cooking, art, creative crafts, sport or gardening? What makes you smile? Play and fun with friends? Spending time doing things which you find fun can help reduce the time you may spend worrying.

### Be thankful

Think about things that you have to be thankful for, however small they may seem. A sunny day, or even puddles to splash in. Friends, family and pets. When we think about things we are grateful for, our worries become smaller.

### What happens when I worry too much?

Worry is usually a negative thought - it's thinking about something 'bad' which may happen, or may have happened. If we worry a lot, we may even expect the worse, which can make us feel unhappy a lot of the time and become a habit. Constant worry can reduce your energy, leaving you feeling unenthusiastic about lots of different things.

### What if I am worrying all the time?

If you find that you are worrying a lot, and these tips are not helping to combat your worries, it's important to ask for help. You may want to first talk to a parent/carer, or perhaps a teacher.



# Covid-19 has not gone away

**How you can continue to keep yourself and your loved ones safe**

## **Vaccines**

Get vaccinated to reduce your risk of catching COVID-19 and becoming seriously ill, and to reduce the risk of spreading the virus to others.

## **Fresh air**

Letting fresh air in if meeting indoors, or meeting outside to disperse COVID-19 particles and reduce the risk of spreading the virus.

## **Face covering**

Consider wearing a face covering in crowded, enclosed spaces.

## **Stay at home if unwell**

Try to stay at home if you are unwell.

## **Hand washing**

Wash your hands regularly to limit the spread of COVID-19.

# Flu vaccine

Flu vaccination is important because:

More people are likely to get flu this winter as fewer people will have built up natural immunity to it during the COVID-19 pandemic

If you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill

Getting vaccinated against flu and COVID-19 will provide protection for you and those around you for both these serious illnesses

If you've had COVID-19, it's safe to have the flu vaccine. It will still be effective at helping to prevent flu.

**For more information on vaccines,  
please visit the NHS website:  
[www.nhs.gov.uk](http://www.nhs.gov.uk)**



# Wild Swimming

## What do people love about it?



Emily started cold water swimming during Lockdown. She joined 'Bath Open water Beauts' on Facebook for tips on what to do first. Initially she was in for a couple of minutes because it was quite cold, then she built it up gradually. "Connection to nature is quite hard to find if you are living in a city but when you are in the river it's not as populated, it's not a busy park, it's just you and a few other people. So if you want that special connection to nature, water can give you that."

Jodie remembers the first time she got into a lake. Immediately it was so clear how much better she felt swimming in cold open water compared to a stuffy chlorine-filled pool. There was a real sense of freedom in the water. "That feeling when you get out, a rush of achievement as your body was freezing cold, but you get out and you feel like a super human afterwards. There's nothing like the feeling of coming out of the water after a swim and realising how resilient your body is".



"There is something about getting into cold water with others, and swimming along, that helps you bond - sharing ones' problems and life's journeys. The people I have met are all so happy, kind and accepting. It doesn't matter what shape you are, we're all the same inside!" Amanda Lewis Starks is a Director at Neals Yard Remedies in Bath. Her wild swimming has been further inspired by the late Roger Deakin's book, Waterlog.

**Important: Water activities can be dangerous. Always check safety. Everyone we spoke with enjoys swimming responsibly. If you are inspired, there are many things to consider before taking your first dip. For example:**

**Are you** physically safe and able to start? **Swim with others** - ideally join a group such as @bathopenwaterbeauts or @mentalhealthswims. **Start slow** - don't jump in.

**Be visible** and use a swim-float. **Use an app** such as The River App to check on current river levels, and Surfers Against Sewage to check on water quality.

<https://rnli.org/safety/choose-your-activity/open-water-swimming>

<https://www.sas.org.uk/map/>

<https://therivertrust.org/enjoy-rivers>

If you or someone you know needs support with their mental health, we are here for you. Head to our website to find out how to get in touch.

[www.bathmind.org.uk](http://www.bathmind.org.uk)

 **Mind Bath**



# Nutrition, Physical Activity and Mental Health for over 55's



If you're over 55 and would like to get active, meet new people and learn more about how to support your wellbeing, get in touch to find out more about our **FREE** workshops and courses.


**We discuss and find out more about how to support our mental and physical wellbeing, including through:**

- 
- The importance of healthy, nutritious food
  - How to eat well on a budget
  - How to plan meals and reduce cooking time
  - The benefits of being active
  - The importance of good sleep
  - Why it's important to stay hydrated
  - **Plus some fantastic recipes and food tasters!**



**Join us in September!**

## **Nutrition for Wellbeing**



Join us for a series of workshops and learn how to improve your wellbeing through cooking together and sharing nutritious food. The workshops are **FREE** to attend. Bath Mind's Food for Thought team will share their expert knowledge, with discussions around nutrition and mental health, food demonstrations and tasters!

**Wednesdays 12pm-1.30pm at St John's Foundation, BA1 1SQ  
Starting Wednesday 14th September, for 4 weeks.**

**If you'd like to come along, contact**  
**[foodforthought@bathmind.org.uk](mailto:foodforthought@bathmind.org.uk)**  
**Telephone/Text: 07960621681**



**Food for  
Thought**

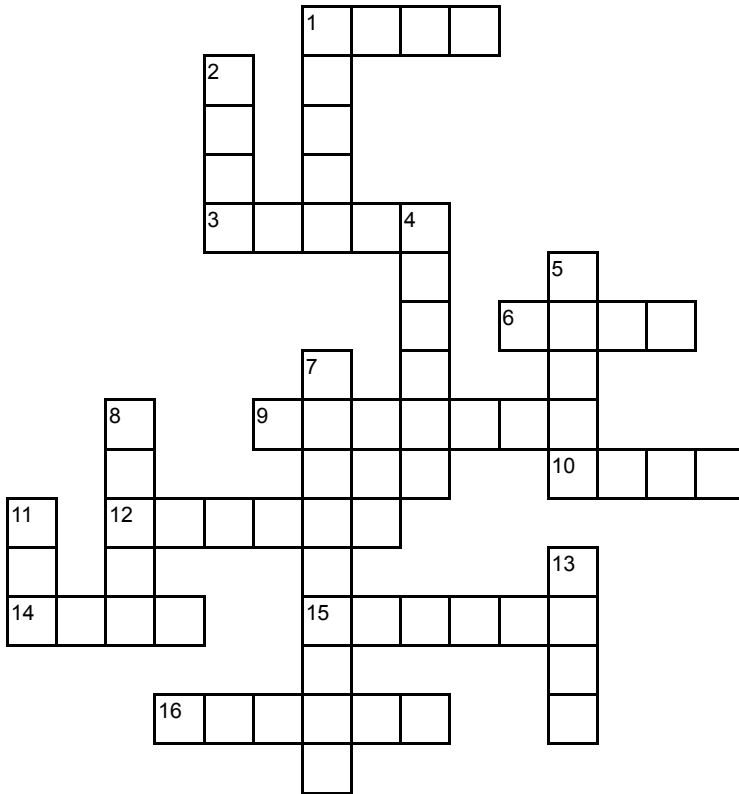
This programme of courses is for Over 55s. If you are under 55 and interested in finding out more about how to support your mental health and wellbeing, there are lots of resources on our website.



**Bath Mind**  
**[www.bathmind.org.uk](http://www.bathmind.org.uk)**

# CROSSWORD

## Wellbeing in Nature



### Across

- 1 Gentle exercise to take every day
- 3 Listen to your favourite type to relax
- 6 Find a quiet one to relax under
- 9 Open these at home to let air in
- 10 Wiggle your toes in this on a beach
- 12 Often a beautiful sight at the end of the day
- 14 Watch the eggs hatch in this
- 15 Focus on this as you sit quietly
- 16 Take this to eat on a day out

### Down

- 1 Listen to them crashing on a beach
- 2 Exercise in water
- 4 Watch them floating in the sky
- 5 Feel its softness under your feet in the garden
- 7 Sit and watch the fish swim by
- 8 Smell their lovely scent
- 11 Soak up some vitamin D from this
- 13 Do this with friends, share your experiences



## One Pot Tomato and Chickpea Stew

This delicious one pot stew comes together incredibly quickly, making it a great dish for busy or lazy nights. Not only is this meal easy to make, it's also high in zinc and magnesium, which support the immune system and muscles.

This recipe makes ONE serving, but can be doubled, tripled or even quadrupled to make many meals in bulk. Store it in an airtight container in the fridge for up to 3 days, and reheat in a microwave until piping hot.

\*This recipe is suitable for vegetarians. To make vegan, leave out the parmesan or switch it for any plant-based cheese.

### INGREDIENTS

1 tbsp olive oil  
1/2 a medium onion, chopped  
1/2 a red pepper, chopped  
1 small carrot, diced  
1 garlic clove, crushed  
1/2 tsp cumin  
1/4 tsp salt  
1/4 tsp chilli flakes  
A pinch of black pepper  
200g chopped tomatoes  
100g canned chickpeas  
A handful of basil  
10g of Parmesan (or vegan alternative) finely grated.

### METHOD

1. Heat the oil in a pot over a high heat. Add the onion, pepper and carrot. Cook for approximately 10 minutes, stirring occasionally, until the onion starts to go golden brown.
2. Add the garlic and cook for 3-4 more minutes.
3. Add the cumin, salt, chilli flakes and black pepper and cook for 1 minute more.
4. Add the chopped tomatoes and chickpeas. Mix well, then reduce the heat to medium. Allow to cook for 5 more minutes. At the very last minute, add the basil.
5. Serve with parmesan.

# Activities to Enjoy with Bath Mind

Find the Missing Vowels to Complete Each Word

W \_ \_ L \_ K \_ \_ N \_ G

Join us and Bathscape for this weekly at Greenlinks, Monksdale Road Allotments.

G \_ \_ R \_ D \_ \_ N \_ \_ N \_ G

Our main activity at Greenlinks, which gives us delicious freshly grown food to share.

F \_ \_ \_ T \_ B \_ \_ L \_ L

A fun game for all - supported by Bath City coaches at Bath Recreation Ground.

Y \_ \_ G \_ \_

Gentle stretching exercises for body and mind - we had a taster of this at our Community Day.

T \_ \_ B \_ L \_ \_ T \_ \_ N \_ N \_ \_ S

Our Open Opportunities group often play this.

Answers below

Walking - Gardening - Football - Yoga - Table Tennis

# Run for Bath Mind in the Bath Half 2022

Join our team and help raise funds for our vital services.

In 2019, our amazing runners raised over £40,000 to help us support the mental health of local people. Please help us beat that in 2022.



## Sign up here:

[www.bathmind.org.uk/fundraising/bath-half-2022/](http://www.bathmind.org.uk/fundraising/bath-half-2022/)

Already have a place? You can still join Team Bath Mind. Follow the above link to find out more.

[www.bathmind.org.uk](http://www.bathmind.org.uk)

Thank you

 Bath Mind

Struggling with challenges in your life?

Whatever place in life you're at,  
Come along and have a chat...

 Bath

**SAFE  
SPACE**

For ages  
16-25

**YOU ARE NOT ALONE**

**WE ARE HERE TO SUPPORT YOUR WELLBEING**

Join Us on Zoom  
Thursdays 5pm-6.30pm  
Meet in person monthly  
at Bath College

Contact Becky - 07538 113890  
email wellbeing@bathmind.org.uk  
www.bathmind.org.uk

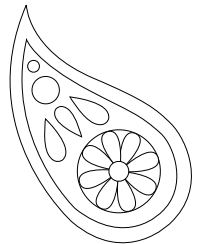
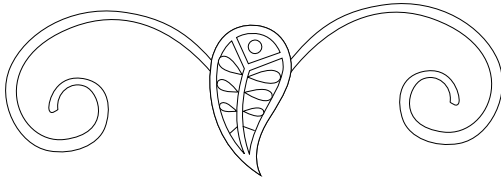
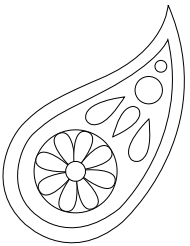
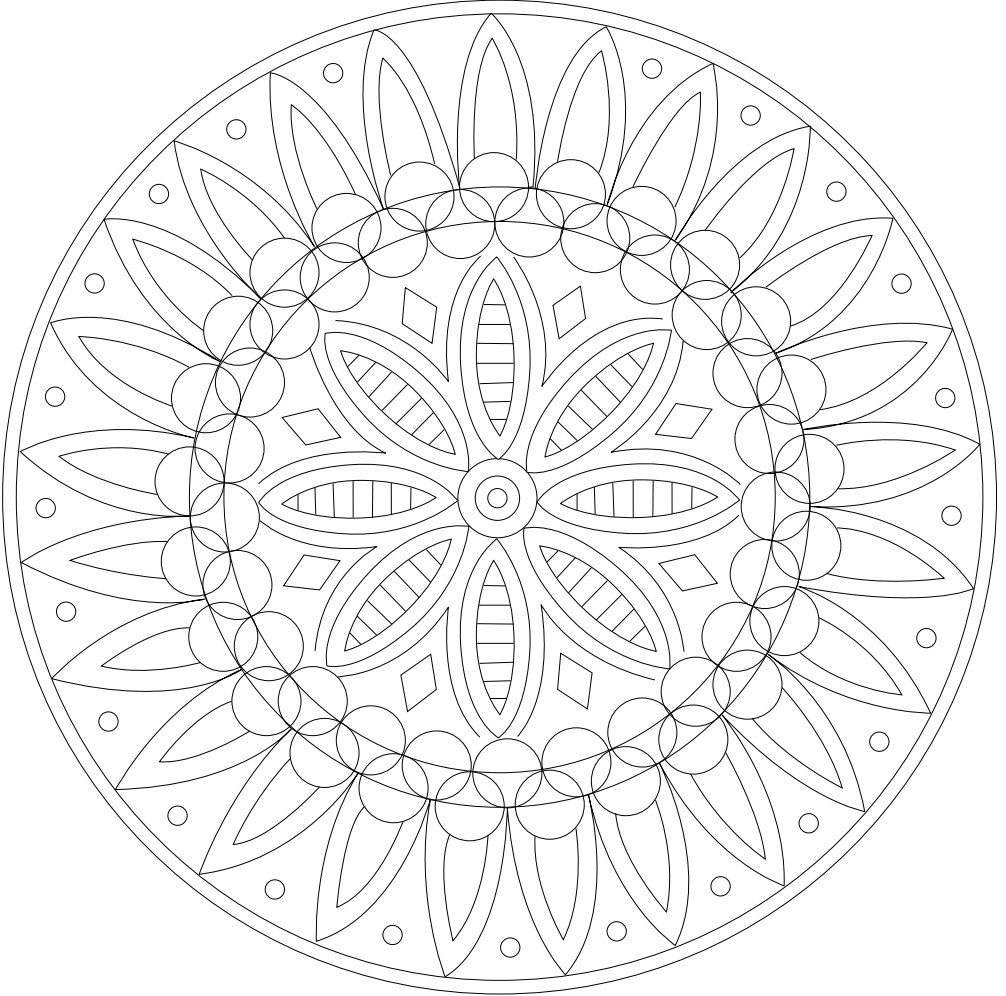
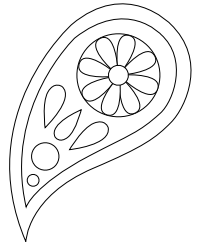
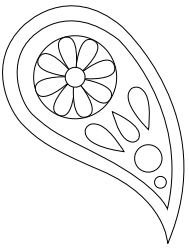
## Answers

HEALTHY, NUTRITIOUS FOOD

WELLBEING IN NATURE



Visit our website for wellbeing activities, recipes, quizzes and lots more!  
[www.bathmind.org.uk/resources/wellbeing-activities/](http://www.bathmind.org.uk/resources/wellbeing-activities/)



# DO YOU NEED SOMEONE TO TALK TO?

## Bath Mind is here for you

### Breathing Space

A calm, non-clinical support service. Our staff will focus on helping you stay safe and look at a short term plan for next steps for crisis prevention.

### Evening support phone line

Monday-Thursday 5.30pm-11.30pm

**Telephone: 01225 983130**

### Face-to-Face Service

Monday-Thursday 6pm-10.30pm

Oasis, Fountain Buildings, Bath BA1 5DU

Call 01225 983130 before 5pm on the day you would like to attend.

### Safe Space (16-25 year olds)

This free group meets every Thursday on Zoom and monthly in person at Bath College. A chance to speak openly about how you are feeling, supported by Bath Mind staff and volunteers. Optional activities include art, music, yoga and more!

### Contact Becky

**07538 113890**

**email**

**[wellbeing@bathmind.org.uk](mailto:wellbeing@bathmind.org.uk)**

### Befriending

Supporting adults (age 16+) who may be feeling lonely or isolated, anxious or have low mood. Our team support with regular telephone calls, listen and offer advice to promote positive health and wellbeing.

To join, please call and ask for Befriending.

**0300 247 0050**

### Wellbeing Groups

Our wide range of wellbeing groups are based around activities such as gardening, food and nutrition, photography, arts and crafts, physical activity - such as walking and running, and much more.

**You can find out more about all our groups on our website.**

**email**

**[wellbeing@bathmind.org.uk](mailto:wellbeing@bathmind.org.uk)**

**You can self-refer to our Wellbeing Groups and Safe Space at [www.bathmind.org.uk/wellbeingreferral/](http://www.bathmind.org.uk/wellbeingreferral/)**