
Currently we are all living in a very different way to normal. Many of the activities we usually do and love have stopped. Some of us may not be able to see our families. We may feel scared & anxious. These feelings are normal and to be expected. We may be sitting around a lot more than usual. It is very important that we look after ourselves – both our mental and physical health. Jacqui and Nikki are around if you have any questions, concerns or just need a chat. Please call the office on 67217333 or on Jacqui's number 0409678767. Please leave a message if we do not answer & we will get back to you.

What's coming up.....

LIVE STREAMING EXERCISES

Thursday at 9am - Standing Exercises

Thursday at 1030am for Sitting/Standing Exercises.

Gill will be Live streaming these exercises from Armidale –Here is the link to access class

<https://www.youtube.com/channel/UCi4Ui01aXc-OtBCsUsgQhFw/live>.

Prior to joining the classes make sure you have safe area – clear away any potential hazards from the floor & no pets around that you might trip over. Have a chair close by in case you need to sit down for a rest and make sure you have a drink of water ready to sip on. During the class if you need to sit down to have a rest then do so. It is essential that everyone is safe as they exercise through this system & that we have no-one injuring themselves



Suggestions to maintain your physical health:

Our bodies need exercise to stay strong so we can keep on doing the things we need/love to do. If we spend too much time sitting down our bodies will become weaker which may lead to other health issues in the future. We certainly don't want people to lose their balance skills and leg strength which can contribute to falling over. So... you will need to plan to put some exercise into your daily routine. What you need to think about:

- Leg and trunk strength
- Flexibility
- Heart and Lung Fitness
- Arm strength
- Co-ordination
- Learning new movements - mind and body challenges
- Balance Skills

Suggestions to help lessen anxiety, worry & improve your Mental health:

1. Whilst it is important to stay informed, you do not need it every hour of the day. Try turning your television off, or change the channel from the news to a gardening show, BBC detective show or a movie
2. If you feel like things are out of control, you need to take control of what you can. Currently that means:

- Following **social distancing** and isolation rules that are currently in place - this will help to keep you safe
 - **Wash your hands** really well and often. Remember hand hygiene when you're out and about – eg. at the supermarket or pharmacy
 - **Plan your day** and include activities that you enjoy - listen to music, gardening or going for a walk. You could try to learn something new like drawing, crosswords or craft
 - **Speak regularly to your family and friends**
3. If you are having times of feeling very anxious, close your eyes and imagine a place you love being, slowly breathe in and out, focus on how the breath moves in and out of your body. You may need to **gently breathe** like this for a few minutes while the anxiety lessens
 4. **Stay connected** - Phone your friends and family, Skype or Face Time your family or sit down and write some letters to people you love
 5. It is important to laugh so do some things which make you **laugh EVERYDAY**
 6. **Exercise**- if you can, get out and have a walk or do some gardening. Breathe in the fresh air and enjoy nature





On the next page are some basic exercises you can do daily to keep you going.

We hope you will have a go and keep doing them each day

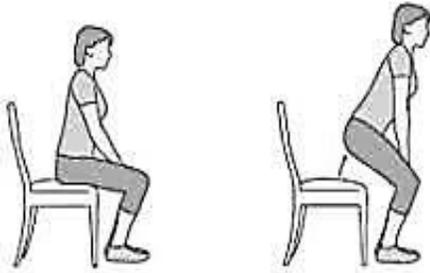
JOKE FOR THE WEEK

Jim, Scott and Alex are tired after traveling all day & check into a hotel. When they get to reception, they find out they'll have to walk 75 flights of stairs to get to their room because the elevator is out of order. Jim suggests that they do something interesting to pass time while they walk the 75 flights. Jim will tell jokes, Scott will sing songs, and Alex will tell sad stories. So Jim tells jokes for 25 flights, Scott sings songs for 25 flights and Alex tells sad stories for 24 flights. When they reach the 75th floor, Alex tells his saddest story of all, "Guys, I left our room key at reception."

HERE IS A RIDDLE YOU CAN SOLVE

I can be cracked and I can be played. I can be told and I can be made.....What am I?

1. SIT TO STAND practice – Do 5-20 times, try and do this every 3 hours



2. WALKING

- *Stand up tall with good posture*
- *Several walks through the day if you are staying home. Walk around your house & around your garden for 10 minutes every 2-3 hours*
- *If you can walk outside walk for 2-30 minutes each day*

3. MARCH

- *March on the spot with lots of energy using your arms as well as your legs for count of 50. Do this 3-4 times a day*

4. BALANCE



Stand on one leg for 3-10 seconds. Have the chair nearby for support. But if you can let go but don't fall over! Do both legs

5. HAVE A DANCE

- *Put on your favourite music & have a dance each day to 2-3 of your favourite songs*



6. SQUATS

Squat down as far as you are able at least 3x10 each day. Lightly hold onto a bench for support if needed

