



gamh

Glasgow Association
for Mental Health



WINDOW TO WELLBEING

Your Personal Wellbeing and Mindfulness Journal

“Caring for your body, mind, and spirit is your greatest and grandest responsibility. It's about listening to the needs of your soul and then honouring them.”

– Kristi Ling, American writer

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*And the people stayed home.
And read books, and listened, and rested,
and exercised, and made art, and played games,
and learned new ways of being, and were still.
And listened more deeply.
Some meditated, some prayed, some danced.
Some met their shadows.
And the people began to think differently.
And the people healed.
And, in the absence of people living in ignorant,
dangerous, mindless, and heartless ways,
the earth began to heal.
And when the danger passed, and the people joined
together again,
they grieved their losses, and made new choices, and
dreamed new images,
and created new ways to live and heal the earth fully,
as they had been healed.*

By Kitty O'Meara

Reflective Activities

During this unprecedented time, it is easy to become overwhelmed. Let's take a few moments to reflect on things we are grateful for.

Can you think of any positive experiences or stories from recent weeks?

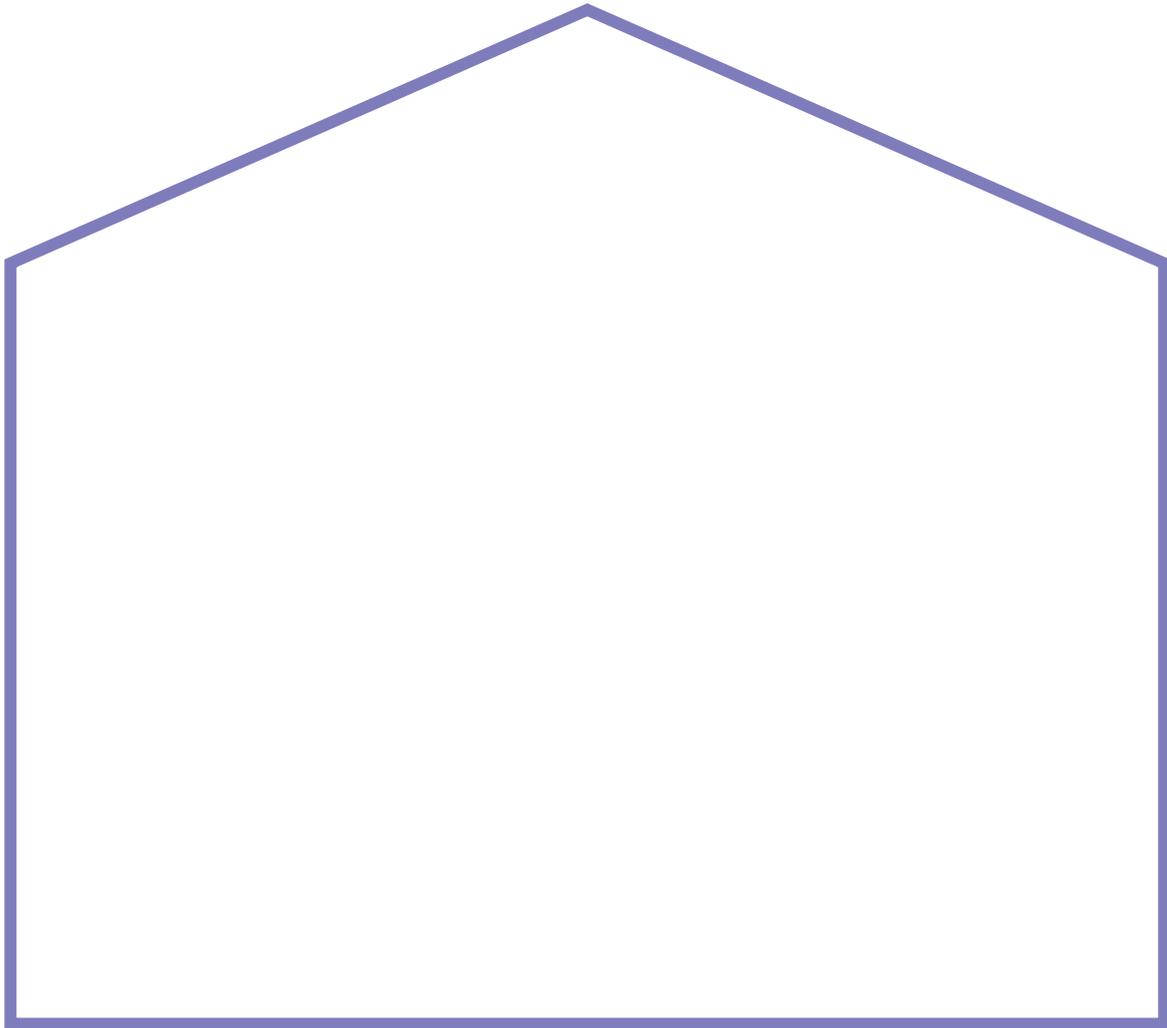
How did that make you feel? E.g. hopeful, optimistic, appreciative, grateful, part of a community.

I Feel...

I have learned...

How do you feel about spending so much time in your home?

Write some of your thoughts inside the house.



How are you connecting with others?

Are you managing well or finding it difficult? What forms of communication have worked best for you? What would you change?

A Mindful Breathing Script

Make time in your day for mindful breathing meditation – ten minutes is all you need! The more often you practice, the easier it will become to apply these relaxing techniques during periods of stress and anxiety.

While daily mindfulness breathing is highly recommended, any time that you are able to set aside to practice mindfulness can offer huge benefits for your mental and physical wellbeing: pain relief, reduction of fatigue and anxiety, increase in function of the immune system, increase in our feelings of control and self-awareness, strengthening of resilience, and the introduction of a sense of calm, peace and happiness.

Begin by finding a safe quiet space and settle into a comfortable position.

Your eyes may be open or closed.

Take a long, slow, deep breath – in through your nose and out through your mouth.

Notice the chair supporting your body and how it feels to be comfortable and supported. Allow your body to become still as you focus your attention inward.

Become aware of your slow deep breath as it travels into your body and how your body responds to the breath as it brings enriching oxygen and vitality to your body and mind.

Breathe out and feel the breath as it leaves your body through your mouth. Remain aware of your breath - as you continue to breathe, be mindful and focus only on the present moment here with your breath.

Let your breath find its own gentle rhythm.

Notice any thoughts that come into your mind and remain neutral to these thoughts. Acknowledge them, then gently let them go.

Continue with slow deep breaths – in through the nose and out through your mouth.

Imagine your thoughts drifting off on a cloud or on a leaf in a stream until they are no longer in your consciousness.

Be aware of your neck and shoulder muscles relaxing and allow them to soften with each breath.

Breathe deeply and slowly in through the nose and out through the mouth. As you exhale, notice a sense of relaxing more deeply.

Be aware of your legs supported by the chair and feel your muscles relax and soften. Your feet, supported by the floor, are relaxed.

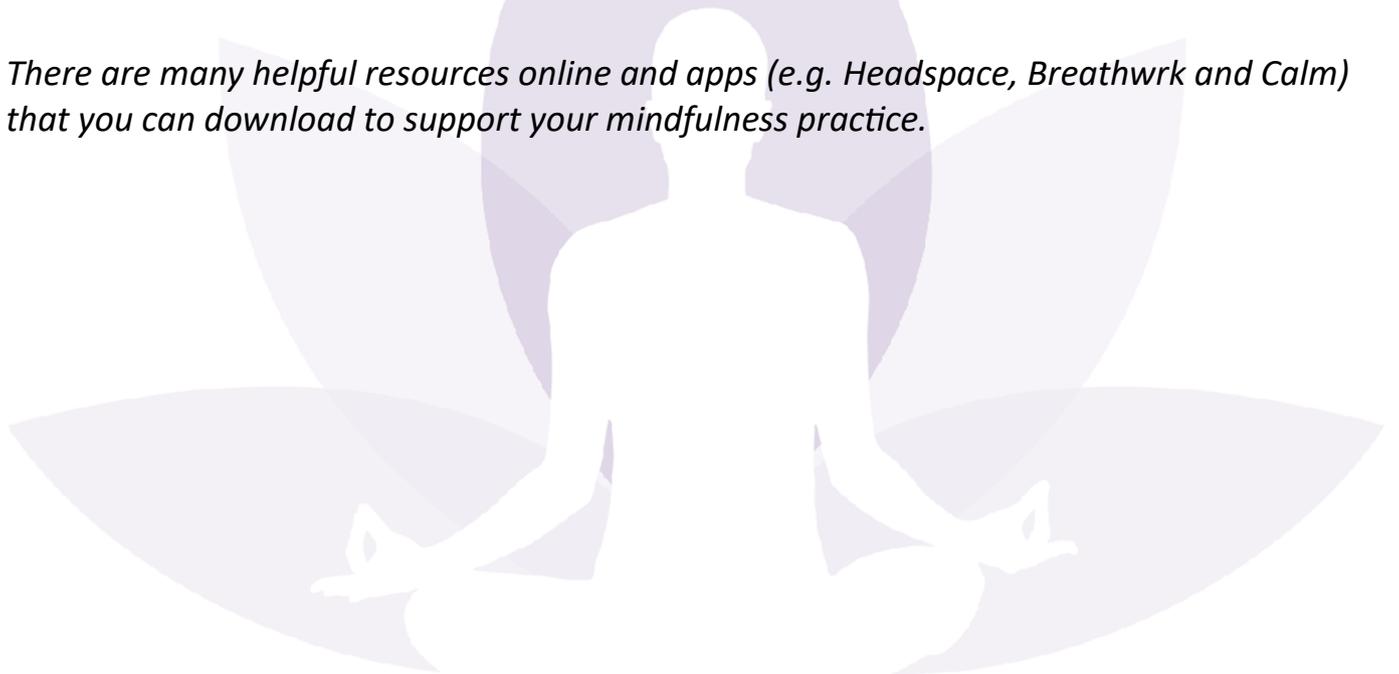
Continue to notice any thoughts that may come into your head about problems or experiences. Acknowledge these thoughts without action or judgement as they wander through your mind.

Focus on your breath as it enters your body and follow it as you breathe out.

Let your thoughts and emotions go as you guide your awareness back to the breath and the present moment. Follow the breath in and out of your body.

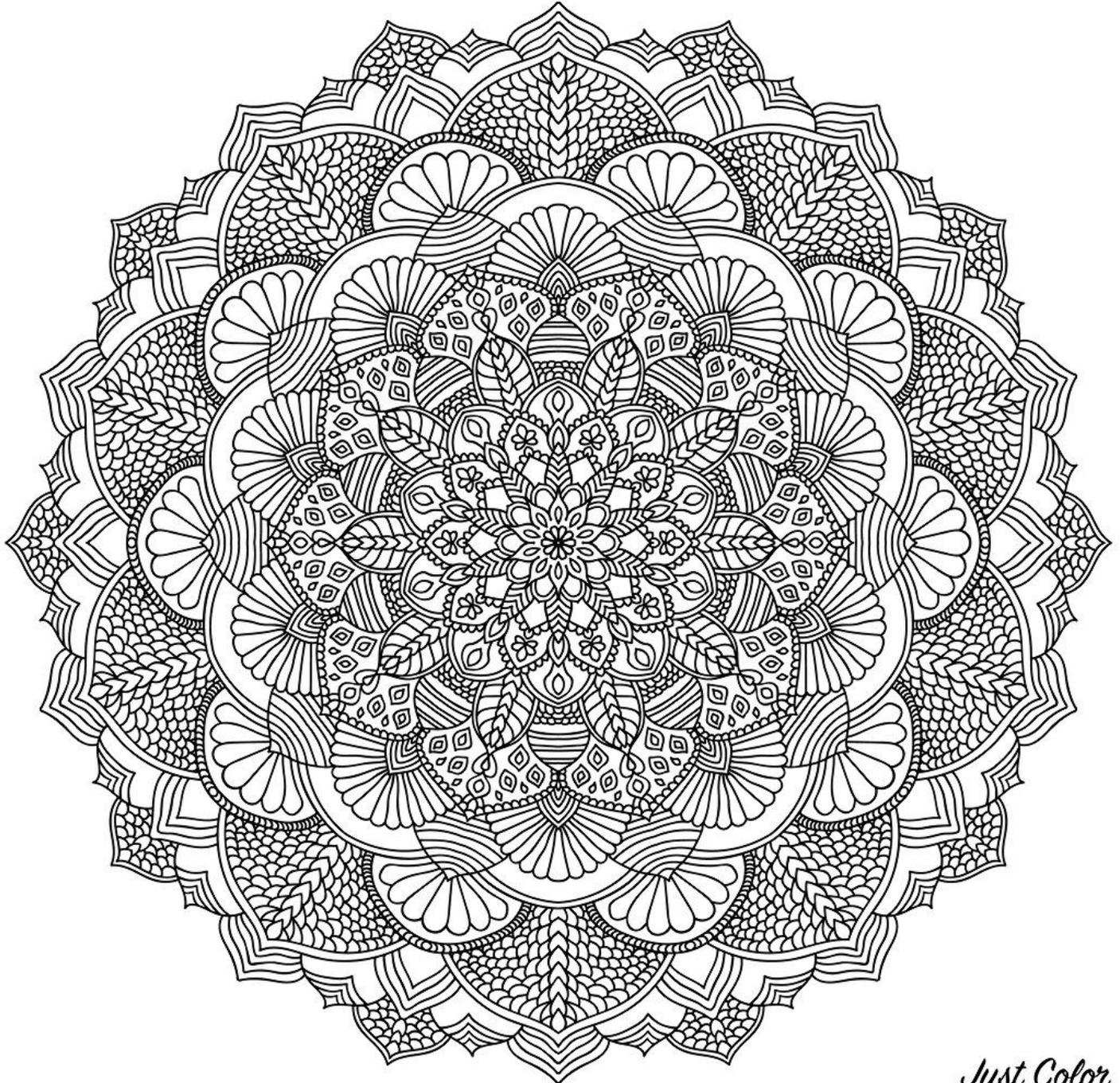
When it is time for your practice to come to an end, slowly and gently increase your awareness of the room and what is around you. Gradually allow yourself to reconnect with your plans for the day or evening ahead. As you go through your day, allow yourself to tap into mindful breathing if you feel anxious or overwhelmed at any time.

There are many helpful resources online and apps (e.g. Headspace, Breathwrk and Calm) that you can download to support your mindfulness practice.

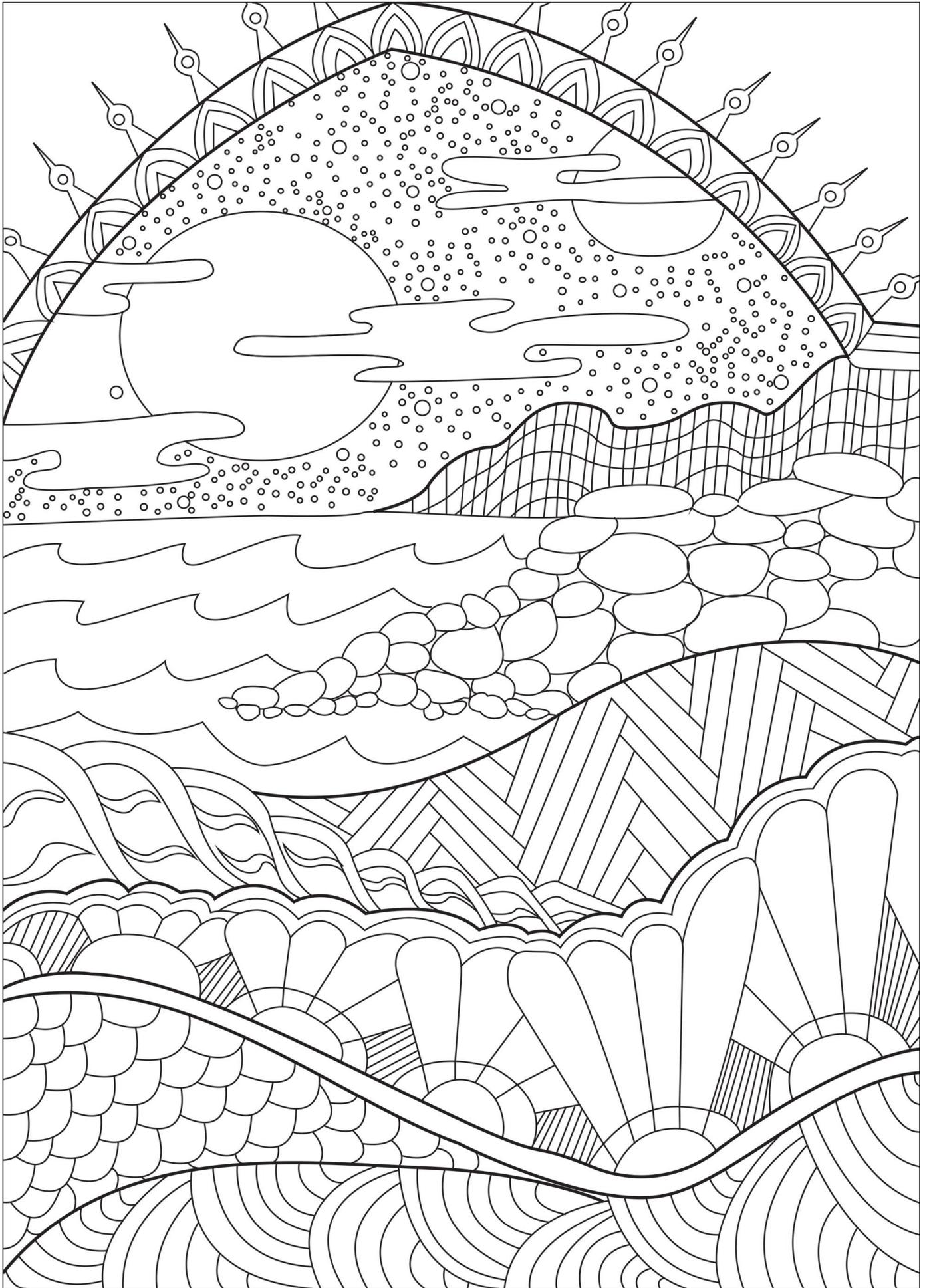


Mindfulness Colouring

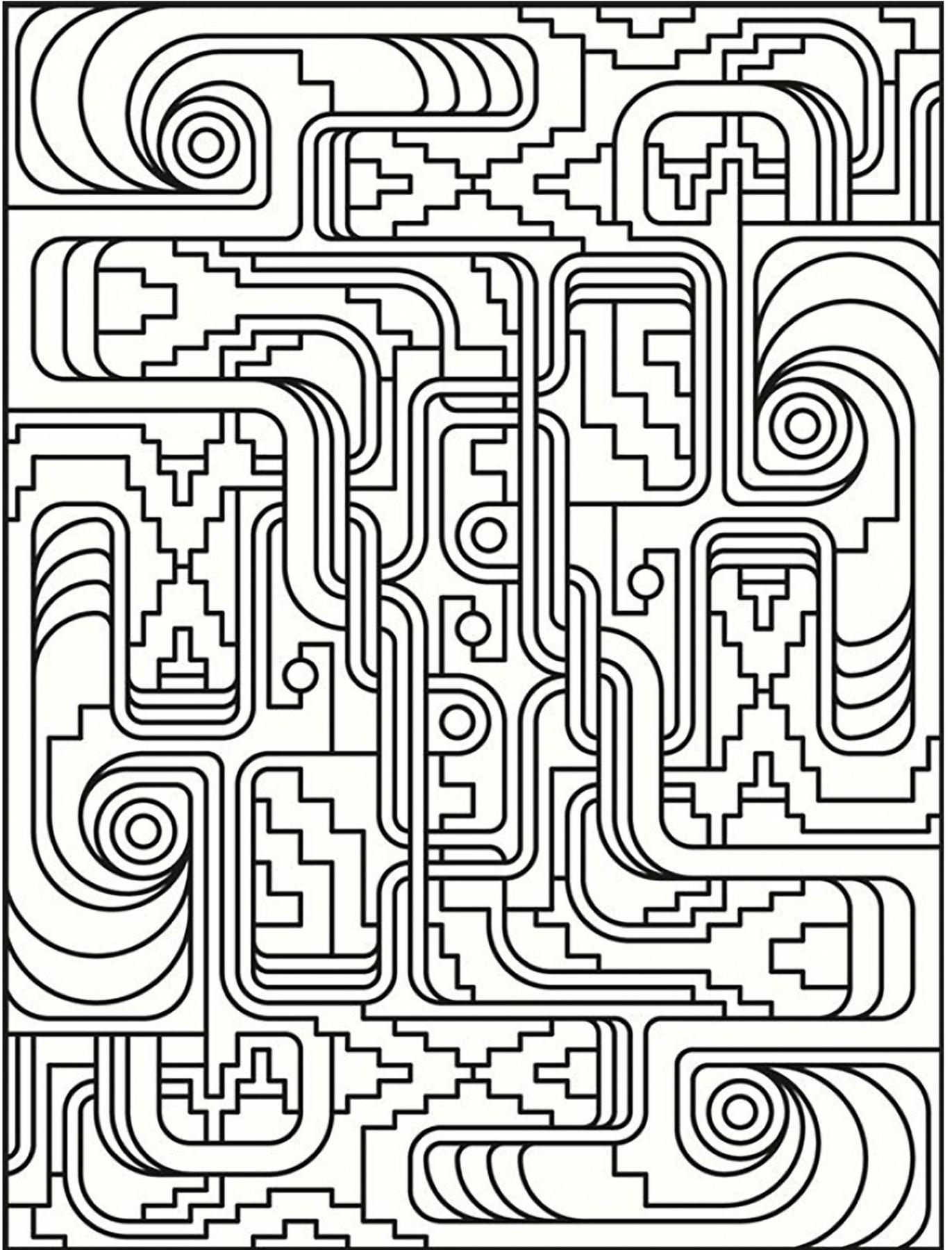
Mindful colouring provides a much-needed break and the chance to relax and refocus. It can also help lift your mood and decrease anxiety and stress.



Just Color



Just Color



Just Color

Self-Care Wordsearch

H D N Y K K C S E L F A Y M Z T Q A P Y H N R C F
 E G A R U O C G H Z O I T N E M Y O J N E O B J H
 J R O Q M P P R M M C G I X K S H Q D Y A V L M U
 G U P F I T N E S S U Z L W Y I Y D Q E L S B B Q
 S H O W E R J P T O S M I P H S M G C A T J T V Q
 C R D V R C B S M N T D B E H E B A J Q H S H C I
 T W O S G A E Q S K E U A E G L L Z G H T A E R B
 U L O O S G F L U T R D T L X F C A C E R A K R R
 Y I G C S G N A K D U C N S P C Z P R E F V T O J
 X B I I E B M I A J F H U E Q A B X S N D S N T Y
 J J R A N P L W T Q I M O H P R X P K O N L O K T
 M D N L L S A D R R I M C M I E E D O I I O J Y E
 S L H A L R C M A N O D C H N C D S V T M T E Y F
 L N N Y E F K D D E M P A A T S D N H A X H W Y A
 G O F N W Z A F M A V B P P M N E H I X Z O R Y S
 N S E Z I E U M N V H L L U E M Y P P A H O D F M
 K S M Y Y L I A I K D L C I S E D X A L M D R U Z
 S U P I N T G O B L Q U R U P D S N O E H J S F P
 I V Z E L E N W A S Y F Y I X I V B M R Y D Q A G
 R I S L M E X E Z S A T R U S T I N G C G Q Q E G
 E S L E E L T P L U I W S Q X A P X Y V I J C V K
 B S N A C B M R T P J T B T Q T S J U F E X Z C P
 J T D I A M Z C H E E R F U L I B K L J N H N P D
 X F O J E U L Z L Z U D W F C O N F I D E N C E B
 J G I P P H F F Z N F X M F R N C W V A L U E F K

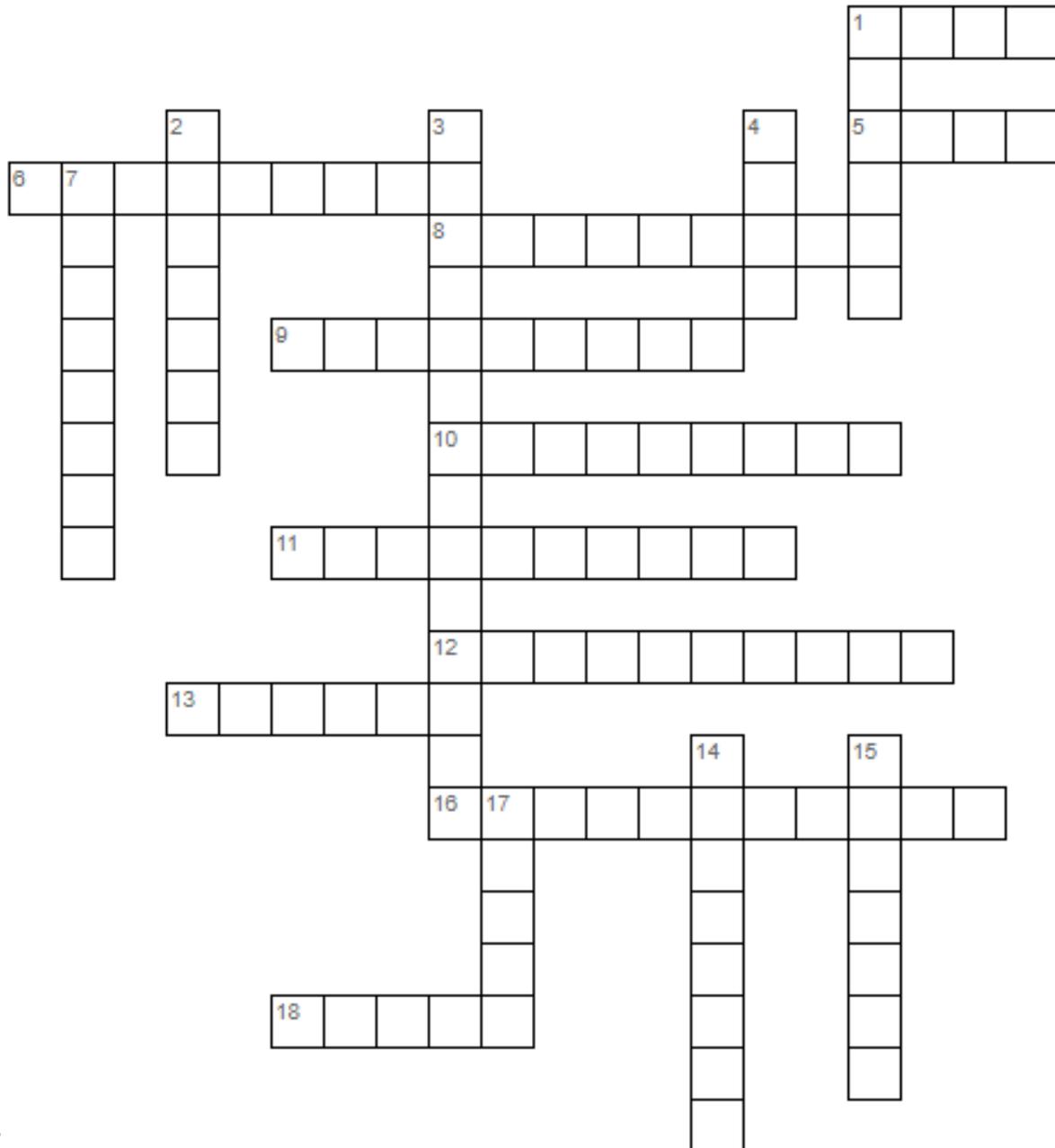
Accountability
 Awareness
 Breath
 Calm
 Cheerful
 Comfort
 Confidence
 Courage
 Enjoyment
 Family
 Fitness
 Focus

Friends
 Good
 Happy
 Health
 Humble
 Hygiene
 Independent
 Love
 Management
 Meditation
 Memory
 Mindfulness

Peace of mind
 Plan
 Plenty
 Relaxation
 Respect
 Rested
 Safety
 Selfcare
 Self Image
 Shower
 Sleep
 Smile

Social
 Supporting
 Trusting
 Value
 Wellness

Scotland Crossword



Across

- 1 Scotland in Gaelic
- 5 A boring town in Perthshire
- 6 Scotland's Standing Stones
- 8 Birthplace of William Wallace
- 9 The oldest building in Britain
- 10 Scotland to the Romans
- 11 Very talented Scot with the UK's best-selling debut album of all time
- 12 Famous Scottish architect and designer
- 13 Scotland's native Monster
- 16 Glasgow band from the '80s that refuse to be forgotten
- 18 Scottish comedian best known for their BBC sketch comedy show

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- 1 The patron saint of Scotland
- 2 The Scottish City in which former US President, John F. Kennedy gave his first public speech
- 3 The Scottish duo that sings 'I'm Gonna Be'
- 4 The inventor of the telephone
- 7 The Granite City
- 14 Scotland's tallest mountain
- 15 Scotland's national animal
- 17 This Scottish island is home to eight whisky distilleries

Nature Watch

Did you know that Glasgow is home to a wide range of wildlife species? Glasgow's many green spaces, such as the Botanical Gardens and Kelvingrove Park, support a surprising array of wildlife who make this city their home.

Here are some of the animal species you may be able to spot!

Birds

Aside from the **gulls** and the **pigeons**, there are many bird species that can be seen in and around Glasgow. Small flocks of adorable **long-tailed tits**, **great tits**, **blue tits**, **goldfinches** and **greenfinches** are just some of the species that can be found in Glasgow's city gardens and parks. There is even a small population of noisy ring-necked **parakeets** living on the Vet School Campus, Garscube! And if you take a stroll along the river Kelvin and keep an eye out, you might even spot a **kingfisher** or a **heron**.

If you're an avid bird watcher, you may have seen the world's fastest bird swooping overhead around the city. According to the RSPB, **peregrine falcons** are now thriving in Glasgow. Watch out for them nesting on tower blocks, including the main University tower!

Kingfishers look more like a tropical bird than something you might see in the city and are, surprisingly, at home in Glasgow. They can be shy, but the easiest way to see a kingfisher is to listen for its approach - they whistle as they fly low over the water. Where could I see kingfishers? Good places to see and hear them are along the River Kelvin, particularly around the West End, and the White Cart Water in Pollok Park.

Swifts spend only a short time with us each year, from May to August. Listen for their high-pitched screams as they speed through the skies. Apart from when they're growing up in their nest, and when they return to breed, they spend their whole lives in the skies - even for sleeping and mating! Where could I see swifts? You might see swifts feeding high overhead almost anywhere in Glasgow, but their nesting sites in buildings are becoming rarer.

Finally, **house sparrows** are one species that is becoming rarer in Glasgow due to a lack of available places for them to breed, with their population having dropped by 90% in recent years. Partick is home to a few lively populations of house sparrows, so you may be able to hear them noisily chirping in the bushes! Dr Paul Baker is a member of the [Glasgow Sparrow Study Group](#) and has been monitoring populations of house sparrows in Glasgow since 2014.

Reptiles & Amphibians

There are six amphibian species (common frog, common toad, smooth newt, palmate newt, great crested newt and natterjack toad) and four reptile species (slowworms, common lizard, adder and grass snake) living in Scotland. It is possible to see reptiles and amphibians in your own garden or a nearby allotment. Compost heaps are often home to slowworms, hiding in the dark and feasting on invertebrates such as slugs and woodlice. Sheds and greenhouses are particularly good places to look for frogs, as they like to hide out in damp places with bugs to eat. Reptiles and amphibians love hiding under logs and log piles, paving slabs and sheds, so don't forget to check these! Finally, during May to October a good place to look for frogs, toads and newts is your local pond, as these species all need to return to ponds to breed during these months.

If you'd like some more information about where to see amphibians and reptiles in Glasgow, and also about conservation projects happening in the area (including the Scottish Dragon Finder Project), check out [Frog life Scotland](#)

Bees

There are 24 species of bumblebee in the UK, but in Glasgow bee species you are most likely to see are the common carder, garden and white-tailed bumblebees. You can see them buzzing around flowers collecting pollen throughout the spring and summer months!

Foxes

Red foxes have been residing in Glasgow for at least sixty years, living in the suburban parks and gardens throughout the city. They are quite a common sight whilst walking around suburban areas at night, and particularly when cubs leave their den to forage for themselves around August and September. You may have also heard their unmistakable "shrieking" calls, especially around December when foxes start to establish and defend their territories!

Squirrels

Adult grey squirrels are between 35-50cm in length and are between 450-650g in weight. They are grey-brown in colour.

Squirrel kittens appear when they are around seven weeks old, and look like smaller versions of their parents. Grey squirrels can survive in copses, shrubs, hedgerows and trees, and build their nests from twigs, leaves and moss. They have a varied diet of seeds, buds, flowers, shoots, nuts, berries and fruit from many trees and shrubs, and will also eat fungi and insects.

There are two breeding seasons each year (one in Feb / March and the other in June / July), with 3-7 kittens in each litter. Kittens are born with their eyes closed, without teeth and with no hair. After about seven weeks they look just like small versions of their parents and are ready to leave the drey.

Water Voles

Water voles are large round fluffy rodents that live along the riverbanks and streams, and were the inspiration for “Ratty” from Kenneth Grahame’s “Wind in the Willows”! Despite their population rapidly declining across Britain, water voles have been around in Glasgow for hundreds of years, living in wetlands, marshes and ditches across the city. In fact, a local population of water voles has now been discovered over in Easterhouse! This population is now considered to be the water vole stronghold in Scotland, and is monitored by the Glasgow Water Vole Ambassador Project, a partnership between the University of Glasgow, Scottish Natural Heritage (SNH) and Glasgow City Council (GCC).

Otters

Although they may be very elusive and hard to spot, it is possible to see otters in Glasgow! If you’re *really* lucky, you may be able to see these charismatic mammals swimming at previously recorded locations such as the River Kelvin, the River Clyde or at the Forth and Clyde Canal. Otters are most active in the early morning and in the late evening.

Bats

There are 17 species of bat living in the UK and 9 of these are in Scotland – from the pipistrelle to the noctule. In Glasgow, you are most likely to see common pipistrelles. These bats are tiny, with a wingspan of just 20cm, and can be seen at dusk flapping around trees or near rivers and streams. Recordings of bat calls in Glasgow include pipistrelles in Hyndland and in Partick!

For more information on bats in Glasgow and Scotland, check out the Bat Conservation Trust.

Hedgehogs

Hedgehogs are becoming rarer in Glasgow, following the general UK trend. Their population has fallen from around 30 million individuals in the 1950s, to just one million today. The RSPB recommends Springburn as a good area to spot them snuffling around at night.

This information was kindly provided by the Royal Society for Protection of Birds (RSPB)
<https://www.rspb.org.uk/about-the-rspb/at-home-and-abroad/scotland/giving-nature-a-home-in-glasgow/glasgows-wildlife/>

From My Window

What I can see :

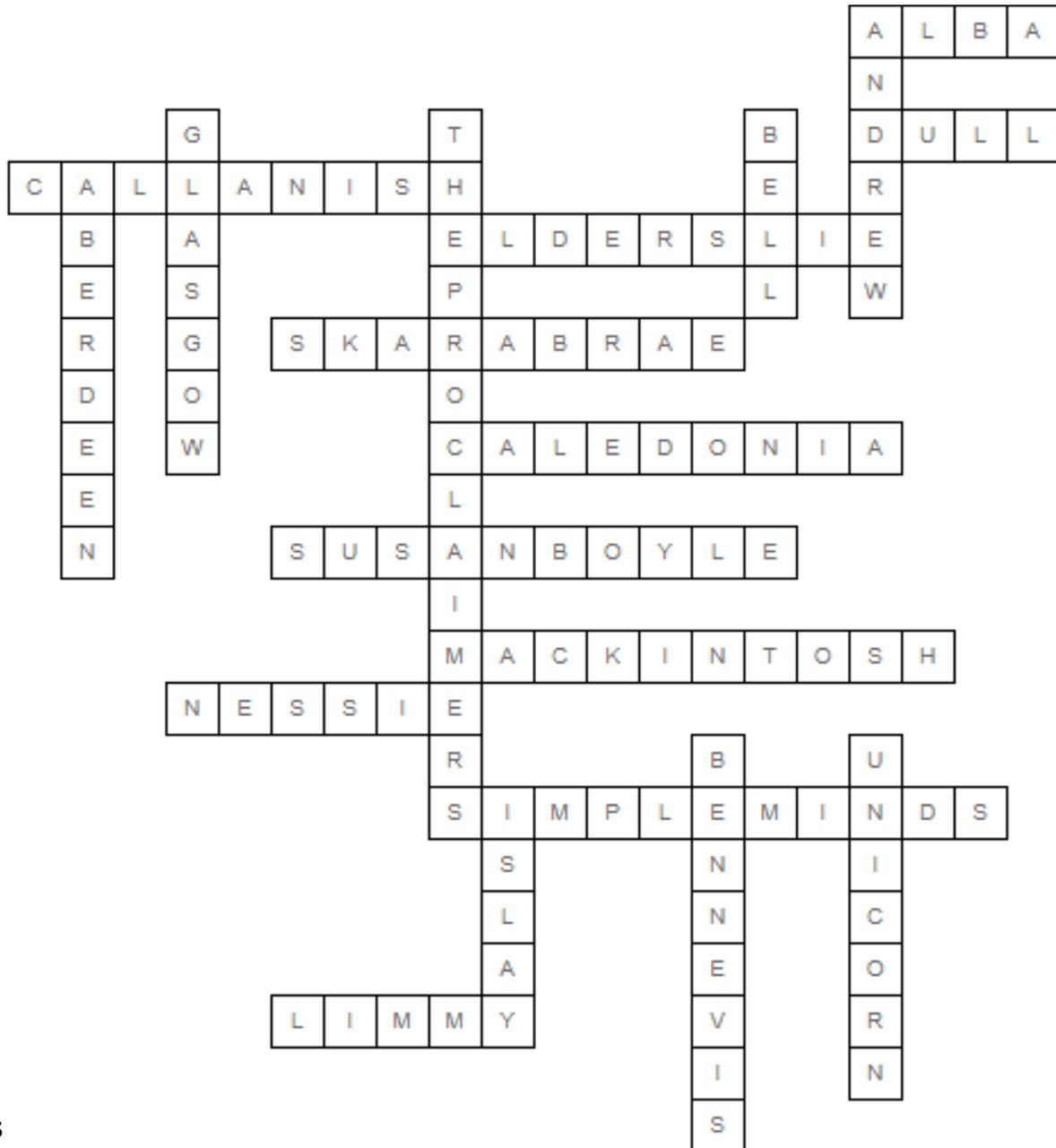
What I can hear :

From My Window

Colours I see :

How looking outside makes me feel :

Crossword Answers



Across

- 1 Scotland in Gaelic
- 5 A boring town in Perthshire
- 6 Scotland's Standing Stones
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FOOD FOR RECOVERY AND WELLBEING

Preparing and eating meals in our households is a vital and stable part of our daily routine. At this time of change and uncertainty some households are finding it helpful to discuss and plan meals weekly in advance and try to shop as infrequently as possible. Freezing leftover food can be a great standby on days that we are not in the mood to cook – particularly for people who are living on their own.

There are some great ideas for meals online and suggestions about how to make the most of ingredients in our cupboards or how to use up vegetables which are getting a bit tired. Treats are extremely welcome at this time but excessive sugary snacks cause our energy levels to dip and can affect our moods. Eating regular balanced meals is the best way to support our physical and mental wellbeing.

We all enjoy a carry-out but try not to rely on them – try recreating your favourite takeaway at home. We've included some delicious recipes for you to try. If you have any recipes you would like to share or ideas about how to use up vegetables or leftovers we could include them in our next edition of Window to Wellbeing!



Very Veggie Pasta Sauce

4 servings | Aidan Ferguson

Ingredients

Required

1tsp Oil (olive or rapeseed) 3 Garlic cloves (crushed or diced)
Tomato base (chopped, crushed, passata) 400g Dried pasta

Optional

1 Onion 2 Carrots
2 Peppers 2 Celery sticks
1 Leek Any other veg you need to use
Tomato and garlic puree 1 Tbsp Sugar and balsamic vinegar
Vegetable stock cube 1 Tsp Chili flakes
Dried herbs (Mixed, basil, oregano) Parmesan, rocket, fresh basil

Method

- 1) Dice the onion and fry covered on a low-medium heat until soft and golden, stirring occasionally (add some salt to the onions)
- 2) Add harder veg to the onions (carrots, parsnips, leek, etc.) and cook until these start to soften
- 3) Add rest of veg to pot (peppers, mushrooms, celery) and cook for a few minutes then add garlic
- 4) Stir in puree and cover until it starts to darken then add tomato base
- 5) Crumble stock cube and mix it into sauce then add dried herbs, chili flakes, sugar, vinegar, and a good twist of pepper
- 6) Simmer sauce on low and covered for quarter of an hour, stirring regularly, then remove the lid to reduce
- 7) Boil pasta in salted water and near the end add a ladle of pasta water to sauce
- 8) Add pasta to sauce and mix in rocket, basil, and parmesan
- 9) Season to taste



Fast Fried Rice

Ingredients

2 Tsp Oil	1 Egg, beaten
2 Rashers bacon, chopped	175g Mushrooms, sliced
200g Frozen peas	1 Garlic clove, crushed
Small knob of fresh root ginger, grated	2 Tsp Dark soy sauce, plus extra to serve
1 Tsp Sugar	250g Cooked basmati rice

Method

- 1) Heat the oil in a frying pan then add the egg
- 2) Leave to set for 30 seconds to 1 minute, swirling every now and again
- 3) Remove egg and finely slice
- 4) Add bacon and mushrooms to pan, fry for about 3 minutes or until golden
- 5) Add peas, garlic, and ginger and cook for 1 minute
- 6) Combine the soy sauce and sugar
- 7) Turn up heat and add cooked rice to pan
- 8) Heat through and splash in sweet soy sauce
- 9) Stir through egg and serve straight away with more soy sauce to taste



E.L.T. (Egg Lettuce Tomato Sandwich)

1 serving | Bon Appetit

Ingredients

- | | |
|--------------------------------------|-----------------------------|
| 2 slices of your favourite bread | 4 tablespoons of mayonnaise |
| 2 thick slices of beefsteak tomato | Salt & pepper |
| 2 hard-boiled eggs peeled and sliced | 3 leaves iceberg lettuce |

Method

- 1) Spread mayonnaise very thinly on both sides of bread all the way to the edge
- 2) Heat a large dry skillet over a medium-low heat and cook bread for about 3 minutes each side or until golden then remove and leave to cool
- 3) Spread mayonnaise on bread and top with tomatoes then season to taste
- 4) Arrange eggs over tomatoes, season, and top with lettuce
- 5) Add bacon and/or cheddar cheese for a different taste!



Easy Oaty Flapjacks

16 servings | Jamie Oliver

Ingredients

100 g unsalted butter (room temperature) 100 g mixed dried fruit & nuts
100 g porridge oats 100 g self-raising flour
100 g golden syrup (sugar, honey, or maple syrup will do)

Method

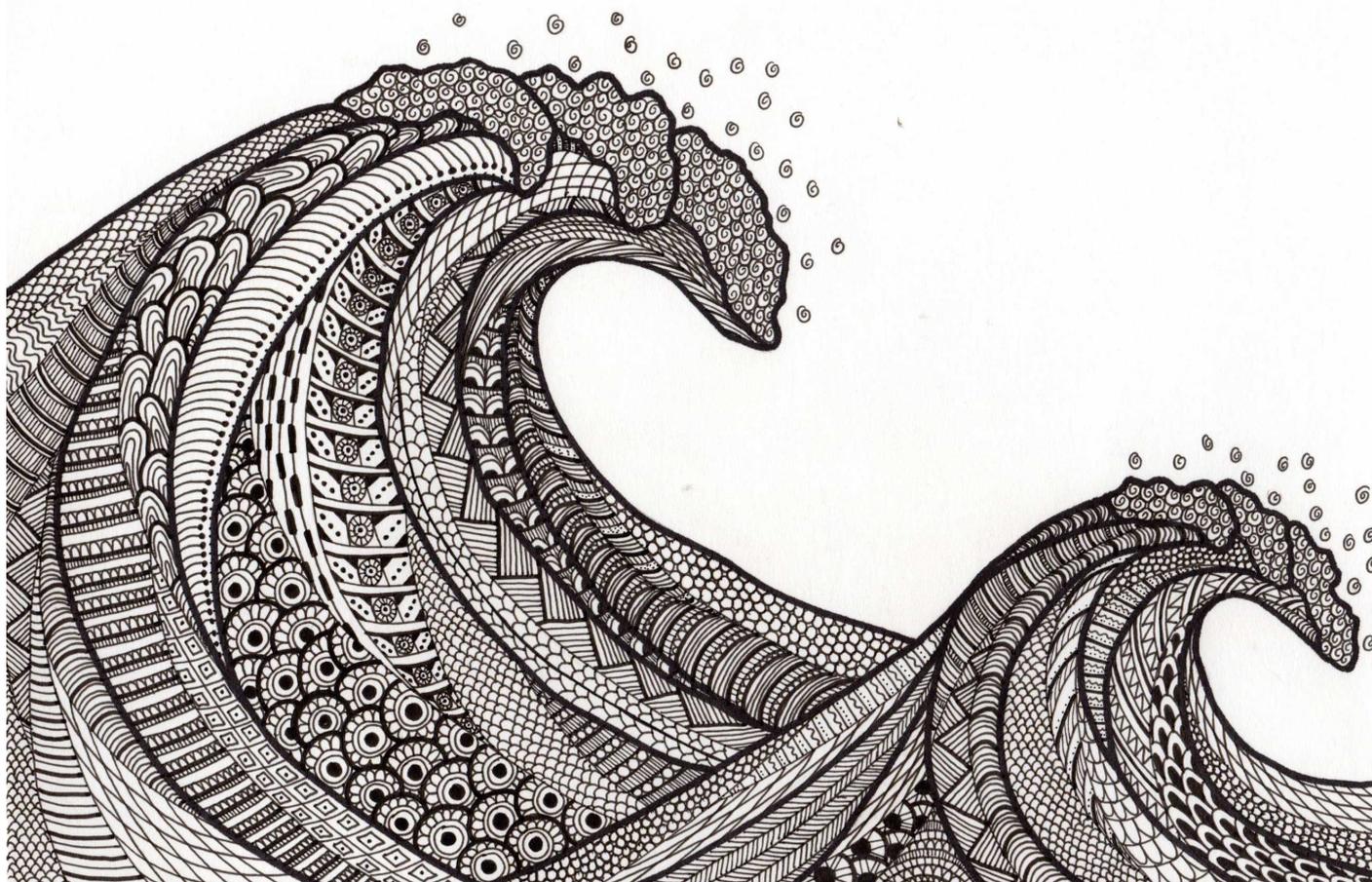
- 1) Preheat oven to 180°C
- 2) Line a deep 20cm square baking tin with greaseproof paper and rub with olive oil
- 3) Pulse butter, dried fruit and nuts, oats and flour in a food processor or blender until mix comes together and away from the sides, then pulse in the syrup until fully combined
- 4) Transfer to lined tin, flattening to edges then bake for 15 to 20 minutes, or until golden
- 5) Remove from oven, slice into 16 squares ready to cut, and leave to cool in tin for 5 minutes
- 6) Use the paper to lift out on to a wire rack, and leave to cool completely





12 Morning Rituals to Change Your Life

1. Plan and prepare the night before
2. Embrace your natural rhythm
3. Prioritise sleep
4. Make your bed
5. Stretch your body
6. Set your intention for the day
7. Drink water
8. Meditate
9. Eat breakfast
10. Get moving
11. Set yourself a technology curfew
12. Smile



My Self Care Plan for the Day

Today is:

Self care Activity:

Time Span:

Let's make this mindful. Be present!

Pick an activity for the day. Note how many minutes you will devote to it in the above section. Keep yourself accountable. Rinse and Repeat daily!

Take a nap

Start a new hobby

Read favourite book

Relaxing bath

Catch up with a friend

Go for a walk

Salon / Pamper-nails/ Hair

Enjoy a treat

Yoga / Meditation

Gym / Workout

Gratitude Journal

Watch a favourite show

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Self - Care

Being your best self

Physical

Safe housing
Wellness check
Dental cleaning
Sleep
Exercise
Go for a walk
Bike ride
Take a long bath
Take a nap
Get a manicure or pedicure
Apply a face mask
Deep condition hair

Drink water
Make a healthy diet change
Take vitamins
Drink a green juice/shake
Eat a clean healthy meal
Savour a favourite treat
Avoid emotional eating
Keep a sleep schedule
Get a hug
Stretch

Social

Volunteer your time
Set boundaries
Learn to say no
Give a compliment
24 hr break from social media
Unfollow negative people
Write a thank you note
Write a letter to someone
Lunch/dinner/dessert with friend
Do something kind for someone
Have lunch at a park
Attend a community event
Plan a future trip & set realistic goals to go

Hike
Movie
Play games
Call a friend
Eat outside
Give a hug

Expression

Get your hair done
Engage in a hobby
Take photographs
Draw/doodle
Listen to music
Make a playlist
Try a new recipe
Practice an instrument
Try something new
Dress up for no reason
Read a book for fun
Have a personal dance party
Treat yourself to a new clothing item

Practice a new skill
Do a DIY project
Read something funny
Watch something funny
Buy a new accessory
Netflix binge
Create a home spa
Free write
Admire art
Do a puzzle
Bake
Do a craft
Garden
Sing

Emotional

Find 3 beautiful things
Watch fav movie/tv
Enjoy a piece of chocolate
Simplify your schedule
Create a morning routine
Create an evening routine
Declutter your living space
Spend a day in jammies
Buy flowers for yourself
Visit a new cafe
Plan a mini-staycation
Play with an animal
Unplug from technology for 2 hrs
Sit in silence and breathe deeply
Write down 5 things that make you happy

Eat a meal in silence
Identify your emotion
Have a good cry
Have a good laugh
Do nothing
Listen to podcast
Read in bed

Psychological

Join a support group
Read a self-help book
Make a financial plan
Make a vision board
Self-affirmations
Positive self-talk
Review healthy coping mechanisms
Review stress-management
Practice positive self-talk
Practice breathing technique
Identify triggers

Journal
Therapy

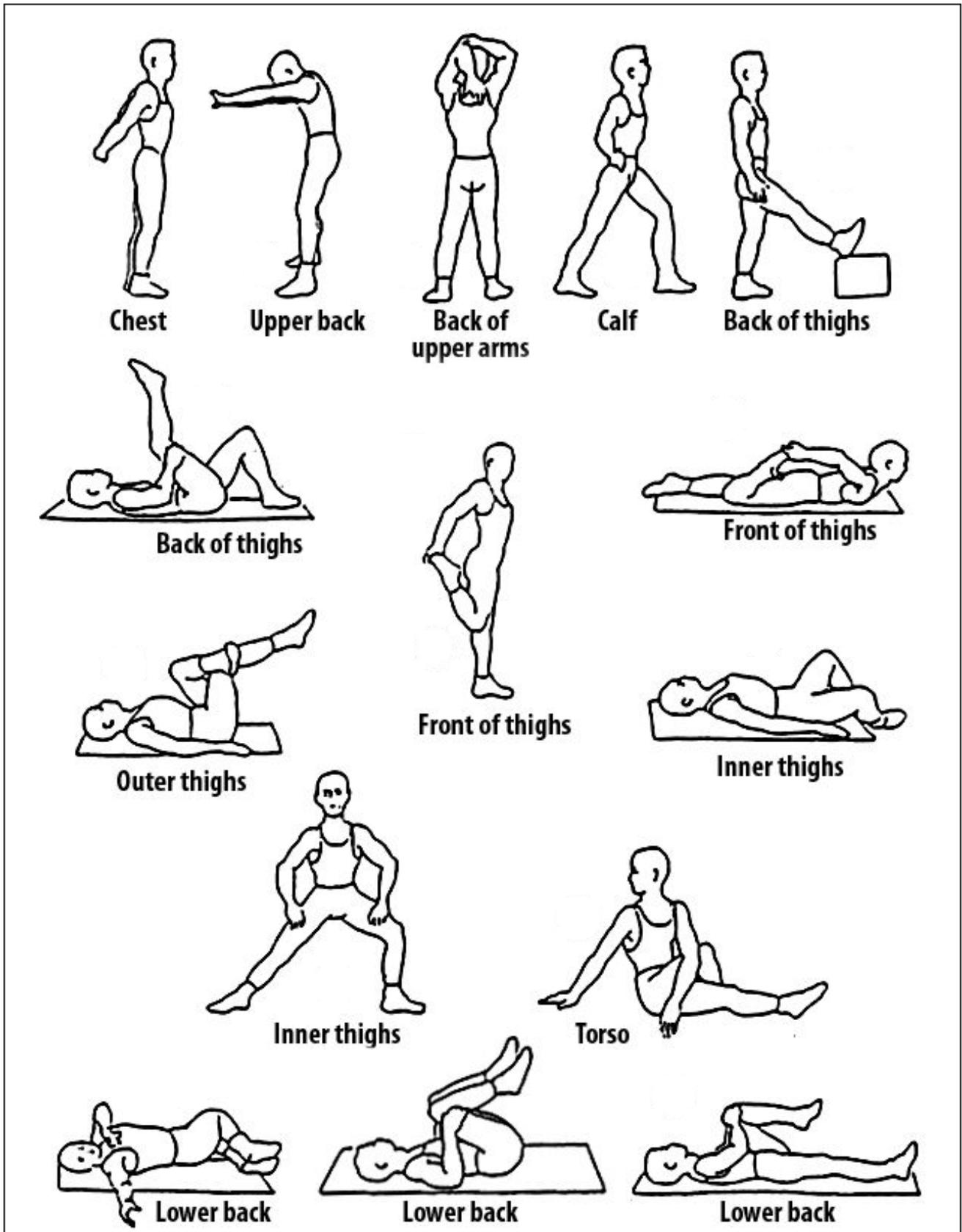
Spiritual

Read an inspirational book
Go into nature
Watch sunsets/sunrise
Go to a body of water
Watch the clouds/stars
Wander around town
Practice mindfulness
Light scented candles
Write a grateful list
Sit & visualize your ideal life
Write down your monthly goals
Watch an inspirational documentary

Meditate
Pray
Yoga
Church

Routine Stretches

Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. You should approach the included stretches carefully and consult your GP first if you have any concerns. You can find additional resources online.



My Workout Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

5 Steps to Mental Wellbeing

Here are a some suggestions for simple steps which may improve your mood and wellbeing!:

Connect with other people

- Call a friend and discuss something positive you have experienced.

Be physically active

- Go for walk or do some gentle exercise. Your body will release hormones that boost your mood almost instantly.

Learn new skills

- Why not try your hand at creative writing and journaling?
- Practice mindfulness exercises and activities regularly and the results will be positive for your wellbeing.

Give to others

- Be kind Helping others lifts our mood almost instantly. Plan out one or two small kindnesses you could do right now. Small gestures can make a big difference.

Pay attention to the present moment

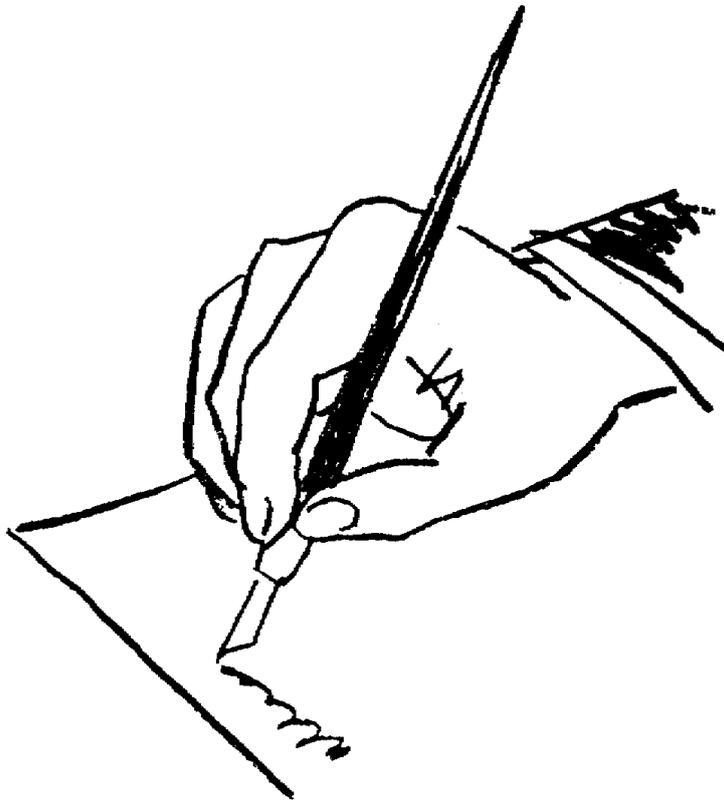
- Enjoy the simple beauty of nature - from your window or when out walking
- Mindfulness exercises can give you some respite from turbulent thoughts.



Creative Writing Prompts

Here are some prompts for stories. Let's see what you can come up with. Remember this is just for fun - let your imagination go and be creative!

1. Write an observational story from a child's point of view. It could be the child is observing the changes around them as a result of the impact of the virus or what they see when attending an event such as a wedding or Birthday party. You decide the age of the child.
2. Write a paragraph about someone who is far away from home for a reason of your choice – work, holiday, outer space – you decide!
3. Write a paragraph about someone who has arrived in your town through time travel from a time of your choice.



Journaling Prompts

We can use journaling to note our feelings, how our day is going, or as a way to express our mood.

Here are few prompts to get you thinking! We have included some lined pages at the end of this booklet for you to get started.

What would you be doing if money wasn't an issue?	What do you want to get better at?	Who are you envious of? Why?	What makes you lose track of time?	If you had 3 extra hours a day, what would you do with them?	What does your perfect day look like?
What did you always want to do? What stops you?	What makes you feel fulfilled and satisfied?	List of things you're good at	List of things you say you're terrible at but haven't tried	What do you want people to say about you when you're not around?	What do you like about your life?
What do you hate about your life?	Look for "List of skills" on Google and check which describe you	What would you fight for?	What makes you feel furious? Why?	Which unique set of skills and personality traits do you possess?	What keeps you up at night?
What makes you feel engaged and focused?	What would you do for free for 5 years?	What's a challenge you'd love to tackle?	Look for "List of values" on Google and check which describe you	What single thing would you change in your world?	What do you want? Money, to travel, fame? Why?
How would you like to change people's lives?	Who inspires you? Why?	What matters to you the most?	What would you sacrifice in exchange for fulfillment?	Which idea doesn't seem to leave your mind ever?	Are you afraid of people's opinions? Why?
What's the common ground of all this info about you?					

[Action on Depression](#) is the only national Scottish organisation working with and for people affected by depression. It's a user-influenced organisation committed to providing support, raising awareness of depression and treatment options and reducing the stigma surrounding the condition.

t: 0131 226 8152 e: info@actionondepression.org

[Anxiety UK](#) is a national registered charity for those affected by anxiety disorders. It is a user-led organisation, run by sufferers and ex-sufferers of anxiety disorders, supported by a high-profile medical advisory panel. Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding.

t: 08444 775 774 (helpline) e: support@anxietyuk.org.uk

[Bipolar Scotland](#) provides information, support and advice for people affected by bipolar disorder/manic depression and those who care for them. It also promotes self-help throughout Scotland, and informs and educates about the condition.

t: 0141 560 2050 e: info@bipolarscotland.org.uk

[Campaign Against Living Miserably](#) (CALM) is a registered charity which exists to prevent male suicide in the UK. It offers support to men in the UK, of any age, who are down or in crisis via its helpline and website.

t: 0800 58 58 58 e: info@thecalmzone.net

[Health in Mind](#) is a charity which promotes positive mental health and wellbeing in Scotland. It offers a wide range of services including support, respite, befriending, talking therapies and day services.

t: 0131 225 8508 e: contactus@health-in-mind.org.uk

[Hearing Voices Network](#) is an organisation for people who hear voices, see visions or have other unusual perceptions. It offers information and support to people who hear voices and those who support them. It tries to raise awareness of voice hearing, visions, tactile sensations and other sensory experiences.

t: 0114 271 8210 e: nhvn@hotmail.co.uk

[Mental Health Foundation Scotland](#) focuses on social justice and inequality in mental health, raising awareness of mental health with the public and working in partnership with community organisations, policy makers and researchers. Our programmes link together policy, research evidence and practice.

t: 0131 243 3800 or 0141 572 0125 e: scotland@mhf.org.uk

[Mind](#) operates in England and Wales to provide advice and support to empower anyone experiencing a mental health problem. It campaigns to improve services, raise awareness and promote understanding of mental health issues.

t: 020 8519 2122 e: contact@mind.org.uk

[Mood Swings](#) is a charity that supports people with mood disorders and their friends and families. It offers free and confidential information, advice and support to people with mood disorders, family, friends and health and social care professionals. It also offers one to one, support groups and workshops at its base in Manchester.

t: 0161 832 3736 (helpline) e: info@moodswings.org.uk

[No Panic](#) provides information and advice for the carers of and people with panic, anxiety, phobias, obsessive compulsive disorders and the effects of tranquiliser withdrawal. It can provide treatment and support over the phone so that all sufferers can be helped.

t: 0800 138 8889 (helpline) or 01952 680 460 e: admin@nopanic.org.uk

t: 0131 475 2380 e: enquiries@penumbra.org.uk

[Rethink Mental Illness](#) supports people affected by mental illness by challenging attitudes and changing lives. It provides advice to everyone affected by mental health problems and offers helpful information on everything from treatment and care to benefits and employment rights.

t: 0300 5000 927 or 020 7840 3188 e: info@rethink.org

[Sane](#) is a UK mental health charity which works to improve the quality of life for everyone affected by mental illness. SANE offers emotional support and information through its helpline, email services and online Support Forum where people can share experiences and feelings.

t: 0207 375 1002 or 0845 767 8000 e: sanemail@sane.org.uk

[SAMH](#) (Scottish Association for Mental Health) is one of Scotland's leading mental health charities. The Association works hard to ensure that people are talking about mental health and does this in four ways (i) community-based services for people with mental health problems (ii) national programmes (iii) policy and campaigning work, and (iv) raising funds to ensure that our work can continue.

t: 0141 530 1000 e: enquire@samh.org.uk

[Scottish Recovery Network](#) (SRN) is a non-profit initiative working in Scotland and beyond. SRN's vision is: *A Scotland where mental health recovery is a reality for all*. Their aim is to promote and support recovery from mental health problems. They act as a catalyst for change by sharing ideas and practice.

t: 0141 240 7790 e: info@scottishrecovery.net

[Support in Mind Scotland](#) works to improve the wellbeing and quality of life of people affected by serious mental illness. This includes those who are family members, carers and supporters. It seeks to support and empower everyone affected by mental illness.

t: 0131 662 4359 e: info@supportinmindscotland.org.uk

[SupportLine](#) offers confidential emotional support to children, young adults and adults by telephone, email and post. It works with callers to develop healthy, positive coping strategies, inner feelings of strength and increased self-esteem to encourage recovery and moving forward with life. It also keeps details of counsellors, agencies and support groups throughout the UK.

t: 01708 765200 e: info@supportline.org.uk

If you have access to a phone or tablet, you could try using an app to help get you moving! They are easy to download and simple to use. Here are some great options:

- C25K
- Daily Yoga
- Nike Training Club
- Calm

How to Wear a Cloth Face Covering



Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC (Centers for Disease Control and Prevention) on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.



Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

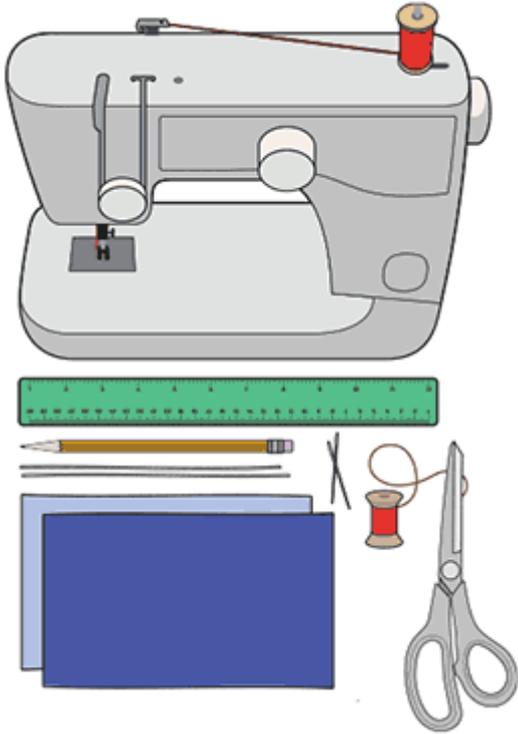
A washing machine should suffice in properly washing a face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

Sew and No Sew Instructions

Sewn Cloth Face Covering

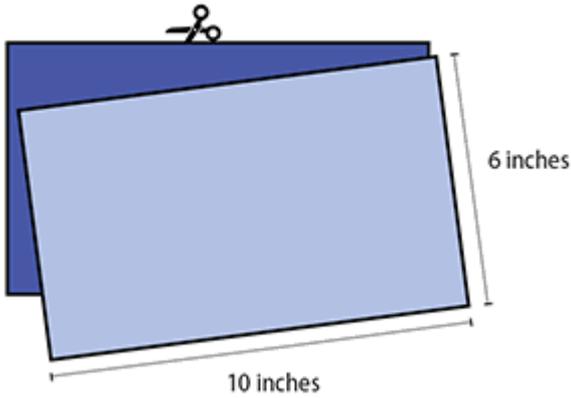


Materials

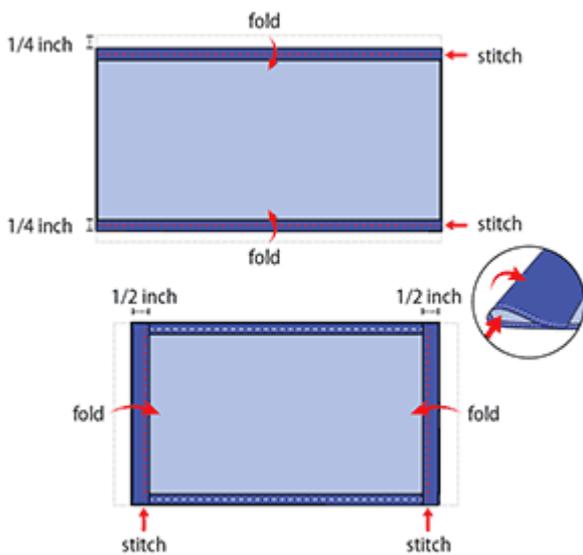
- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

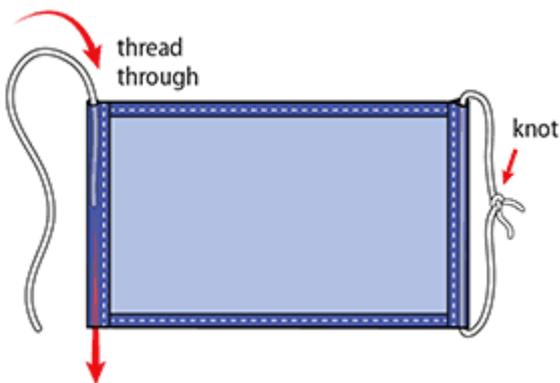


2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.

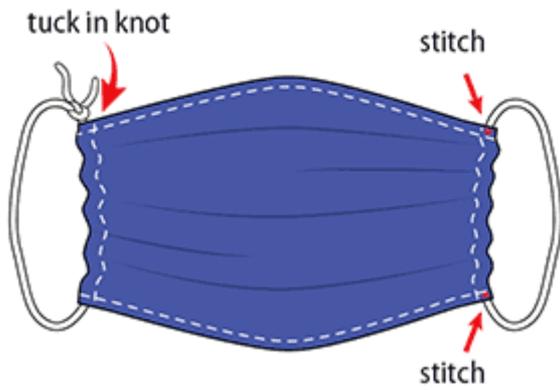


3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



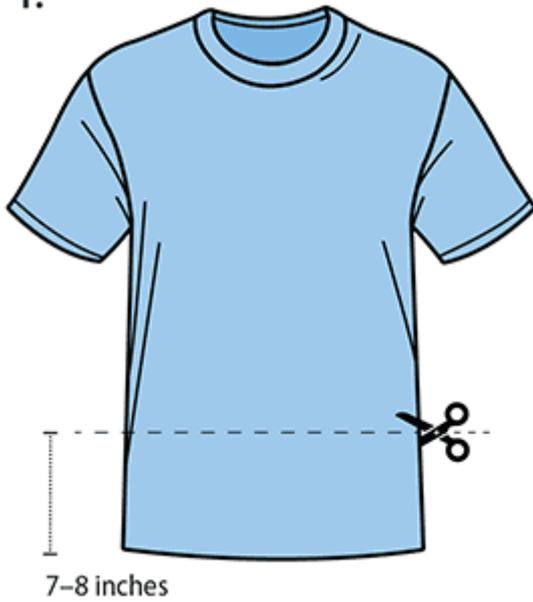
Quick Cut T-shirt Face Covering (no sew method)

Materials

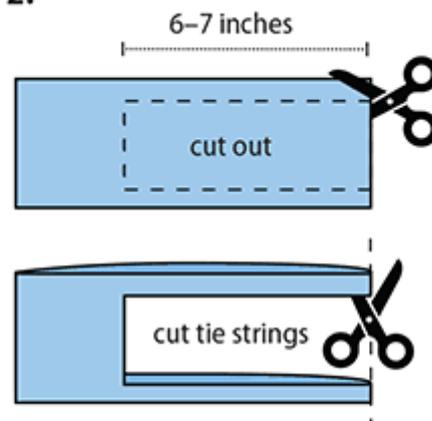
- T-shirt
- Scissors

Tutorial

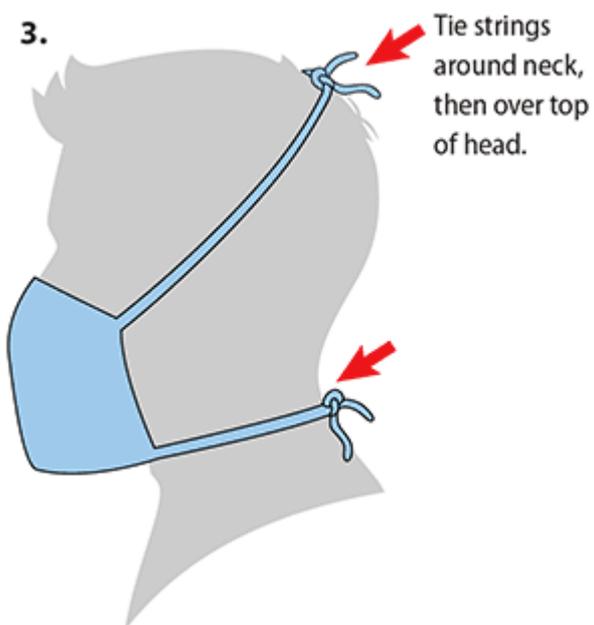
1.



2.



3.

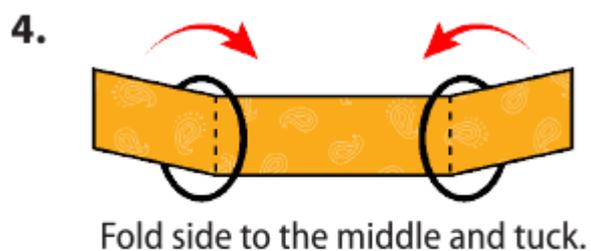
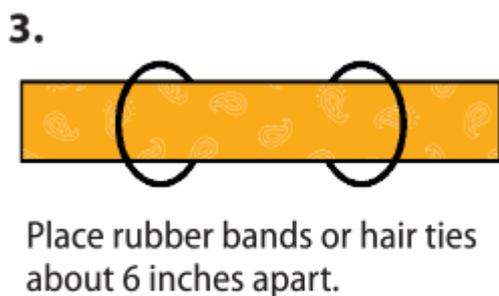
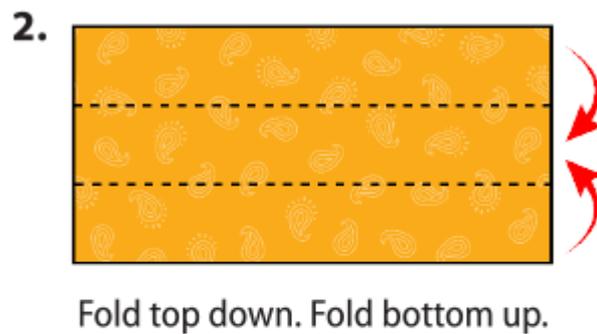
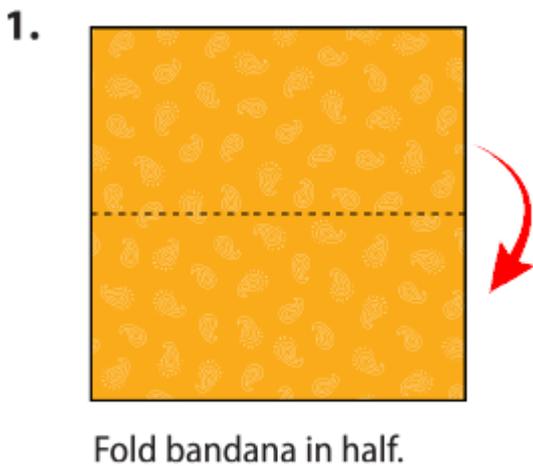


Bandana Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

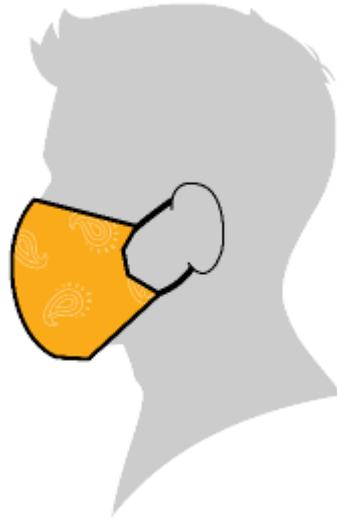
Tutorial



5.



6.





*The sky cleared
I was standing
under a tree.*

*and there were stars in the sky
that were also themselves
at the moment*

*at which moment
my right hand
was holding my left hand
which was holding the tree
which was filled with stars
and the soft rain —*

*imagine! Imagine!
the long and wondrous journeys
still to be ours.*

—Mary Oliver, *What Do We Know*

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