



## My Lockdown Covid-19 Challenge 5

### This ebb and flow of this virus can be exhausting but we are in this together!

Wishing you all a Happy New Year seems a strange thing to say doesn't it in this unique period of our lives, I personally think this year it's wishing you all a **safe and healthy** new year that is more appropriate and that is my wish for you all.

It's been awhile since my last post and for that I make no apologies as I know you will all understand that it's been hard to put into words how the last few months have been... unusual to say the least! This virus seems to be like the tides - it comes in, we work at it and then it goes out and then the pattern returns **over and over and over again** 🎵 (there's a song there ☺), well now that's stuck in my head for the day but at least it has brought a smile to my face. And here we are now in yet another full lockdown. My first reaction was one of throwing my toys out of the pram, you know what I mean, the 'why cant people just follow the instructions', 'why can't the anti-viral protesters not see that this is real', arrest them and make them do community service so that they finally get it. But you know what putting my energy into those thoughts whilst allowing me to vent my anger is not going to do any good long term as I am unable to change people with those views. So it's time to pull myself together, give myself some new challenges and make the most of this time.....

**Step 1** Get moving more again, I cannot believe that I have put on so much weight since November, it's made me realise just how good I felt when I had lost 2 stone after all my hard work for over 18 months. I put one back on and that is quite simply due to a period of being unwell where I could not move quite as much (but I ensure that I never do nothing even in those times), the natural daily stresses of this new normal situation we are in, having sad family news over and over and not watching the portion sizes over Christmas. It's not proving as easy as last time to get motivated but I have started by upping my steps around the house and getting the Wii fit out again.

Jo Wicks is back from next week, and don't forget our very helpful weekly sessions from our wonderful Dorset Pain Management team on a Thursday morning on Facebook (<https://www.facebook.com/DorsetPain>). I have literally just come back to writing this piece from doing today's session and it was great, finished with a beautiful bit of Tai Chi really warmed my body up and grounded me for the day. You can tailor these sessions to your needs and can even do them at any time as they save the videos to be watched at a later time if you miss them. Come on let's make this a time to get some movement into our bodies (**You've got to move it move it** 🎵). I have also had some amazing frosty day walks with my husband; they are so refreshing and really make you feel alive and blessed with the beauty of nature.





**Step 2** Do something I really enjoy every day. I did some crafting for Christmas and really enjoyed it, it may have taken me some time to adapt how I did things but it was so good so I shall continue. I also got out my cornet and played the last post on Armistice Day something that I have not done for a few years and although I can no longer play with a brass band I can, as I proved to myself, get it out and play just to please me albeit my playing being a little rusty. Another song here **'you can do it if you really want, you can do it if really try'** 🎵 😊



**Step 3** **(Another song here, just wish I could, 'Kiss and hold them tightly'** 🎵 my family that is) Smile even if I am feeling a little down, a smile is such a simple act but does so much good by releasing mood boosting neurotransmitter like dopamine and serotonin and thus lifts the mood. Go on try it right now, it always makes me feel better and also a smile is said to be infectious. **(So let's not be a grump just smile 🎵)**

**Step 4** Take time to just be in the moment, feel, breath and just be aware, notice if my body is in defence mode and tightening my muscles and do something in that moment to ground myself and relax a little (and bring that smile to my face). Meditation is always a key player in my life now after years of thinking it must just be twaddle; I am now an avid promoter of it.

And that is enough to keep me moving forward, to as a family member one said, colour the next page in my life, no pressure of new year's resolutions just giving myself a fresh approach to deal with the situation we find ourselves in and still enjoy everyday life.

I must admit that I am finding it difficult to drop off to sleep at the moment as many of us are so I found myself a little routine on YouTube to help. I have shared it on the Dorset PainPals Facebook page it is by Jeffrey Chand. There are of course others available I just liked this one. Anything that helps improve sleep is worth a go in my opinion.





Moving forward with the ebb and flow, am I feeling more positive than last week? Yes I am as I am taking control of what I can control and taking small steps at a time. With the vaccine being rolled out we can have some hope that we can meet with our family and friends in person once again and feel safe in doing so and that will truly be something to treasure!

Let's flood our lives with positivity and of course smile just because we can and it's good for us both physically and mentally.

