

12 Days of Christmas Wellbeing

If you had to give yourself a wellbeing present for each of the 12 days of Christmas, could you manage it? It's not as simple as it sounds - coming up with a list is one thing, but actually acting on it is a completely different matter! Here are some suggestions that might help get you thinking (from www.wellbeing.org).

I think that if I could just manage day 12's gift of self-forgiveness then I'd be doing better than any previous year! We hope that your Xmas and New Year are peaceful, and without too many tests for your self-forgiveness. *The Brighton & Hove Early Intervention team.*

◆ **On the first day of Christmas I give a gift to me:**

LETTING GO - I'm letting go of the 'perfect Christmas' myth and appreciating that it exists only on the television and in my dreams. I'm going to work on enjoying this holiday with all its imperfections and chaos.

◆ **On the second day of Christmas I give a gift to me:**

ASKING FOR HELP - I don't have to 'do it all' this Christmas and then feel overwhelmed and resentful. Instead, I am giving myself permission to share the work-load and to ask my family and friends for help.

◆ **On the third day of Christmas I give a gift to me:**

NO MORE PLEASING - I'm giving up on the notion of trying to please everyone this Christmas. It is an unachievable and totally impossible task.

◆ **On the fourth day of Christmas I give a gift to me:**

BODY ACCEPTANCE - Every day, I'm working on showing acceptance and gratitude for the body I have. I will stand tall, smile and wear clothes that I love on Christmas Day.

◆ **On the fifth day of Christmas I give a gift to me:**

MAGIC - If I'm spending time with young children (my own or otherwise), I'm going to pause to embrace the fun and wonder of Christmas through their eyes.

◆ **On the sixth day of Christmas I give a gift to me:**

CONNECTION - I'm going to take care of myself if I feel lonely. I'll be proactive and reach out to friends, neighbours, family or maybe I'll volunteer. I'll also be compassionate and self-caring towards myself if these things aren't possible right now.

◆ **On the seventh day of Christmas I give a gift to me:**

HUMOUR - I'm working to see the funny side of things and

remembering that humour can be a wonderful easer of tension.

◆ **On the eighth day of Christmas I give a gift to me:**

NO DIETING - I am not depriving myself or labelling foods as 'forbidden' this Christmas, as I know this leaves me feeling miserable, and more likely to binge or over-eat later on. Instead, I'm going to eat with awareness and savour every scrumptious mouthful without guilt.

◆ **On the ninth day of Christmas I give a gift to me:**

TIME OUT - I'm taking some time out for myself when things get hectic. I might go for a walk or take some fresh air. Maybe I'll go and read my new book for half an hour.

◆ **On the tenth day of Christmas I give a gift to me:**

DRINK AWARENESS - I'm choosing how much alcohol I drink, showing awareness for its effects on my mood and inhibitions.

◆ **On the eleventh day of Christmas I give a gift to me:**

VALUING TIME - I am not being pulled onto the material train, feeling pressurised to buy loads of stuff that we don't need and then worrying about paying it all off. I know that spending time with friends and family, whilst creating memories is more important.

◆ **On the twelfth day of Christmas I give a gift to me:**

SELF-FORGIVENESS - I am regularly forgetting all the above and returning to my old ways of coping. However, I am being kind to myself and showing self-forgiveness. Like everybody else, I am a work in progress. I am trying to keep perspective and remembering that Christmas Day is only one day of the year!

MEET THE TEAM... KAT PUGH

Hello, I'm Kat and I'm one of the clinical psychologists working in the Brighton EIP team. I have worked with people experiencing psychosis since I qualified as a clinical psychologist in 2011. I initially worked in Oxford on research projects focused on improving psychological therapy for people experiencing psychosis. I enjoyed learning about new treatments and working across different services but I was really excited when the opportunity came up to work in an EIP team as I think that intervening early in psychosis is really important. I've worked here for 5 years now and I love being part of the team and the work that we do. Living and working by the sea is also a big perk!



My main role in the team is to offer talking therapies to people. People can be referred for talking therapies for a range of reasons. For example people might want help with coping with or understanding unusual experiences, want some space to make sense of what they have been through, process traumatic events they have experienced or to feel less depressed or anxious. As part of my clinical psychology training I learnt about a range of different talking therapies. One of the most common ones I offer is Cognitive Behaviour Therapy (CBT). Cognitive is another word for thoughts, so I talk to people about what they are thinking, what they are doing and how they are feeling. I then work collaboratively with people to identify what they would like to be different for them and how we can work together to achieve this.

With my colleagues I also offer family intervention. This type of talking therapy can give people space to step back from any difficult interactions that they might be having in their family group and start to notice and draw on the strengths in themselves and each other.

As our psychology team starts to expand we are also hoping to start offering some psychologically informed groups. We have some group materials on improving sleep and worry but if you have any other ideas let us know!

People sometimes have concerns that talking therapy will be really intense or involve talking about very personal things. I always try and reassure people that it is up to them what they feel comfortable sharing and working on. I often see people in a therapy room at the Aldrington Centre but I also see people at home or out and about, wherever they feel most comfortable. Sometimes, being out and about can be a really good way to practice new ways of coping with anxiety or worries about doing particular things or being in a particular situation.

I feel privileged to hear people's stories and to be a part of their recovery journey. One of the things I love about my job is helping people to find ways to have some control over how they feel and have faith in their resources and strengths to cope when that's hard. I think culturally we're really good at noticing what's not so good about ourselves and struggling to acknowledge our achievements. I really enjoy helping people to tip that balance and start to notice and celebrate their successes.

Outside of work I like spending time with my family and friends. I like doing creative things and if I can combine all three of those things together I feel like I'm winning! I never used to enjoy sports at school as I thought I wasn't very good at them but in (slightly!) later life I've come to really enjoy jogging along the seafront for clearing my head and watching the waves.





EIP Voyage of Recovery



2020



An adventure of a lifetime!

We have an exciting opportunity for a crew of 10 EIP service users from Sussex, together with 3-5 leaders, to sail a traditional sailing yacht from Brighton to London. Taking part in the voyage will include all aspects of living and sailing aboard Faramir, an 80 foot sailing boat. Activities will include learning how to sail and steer the boat. Everyone will take part in crewing, cooking and cleaning the boat!

The aim is to expose participants to a degree of adversity that, with support, they can overcome, learning about themselves and their strengths as they do so. One young person who did a previous voyage said it made her feel "a lot happier and energised" with a more "positive outlook on life". Another said seeing dolphins, the night sky and stars helped take his mind off things.

If you are interested, then tell your lead practitioner or email us at: spnt.brightoneip@nhs.net



GROUPS

"Out and About Wednesdays" 2-4pm

& "Tennis Thursdays" - 12-2pm

Please let your lead practitioner know if you'd like to receive text message invitations!

SERVICE HOURS & CONTACTS

The EIP office is open 9am-5pm Monday to Friday



Office telephone number:

0300 304 0064

25th December - Closed

26th December - Closed

1st January - Closed

If you need support when our office is closed you can call the Sussex Mental Healthline on: **0300 5000 101**

or

Mental Health Rapid Response Service (MHRRS) on:
0300 304 0078

MONTHLY FAMILY AND FRIENDS NIGHT

Our next night will be held on:

Wednesday 8th January 2020

18:00-19:30

at The Aldrington Centre,
35 New Church Road, Hove, BN3
4AG

An opportunity for family and friend carers to join us for peer support and wellbeing advice. The night is facilitated by EIP team members including our Carer Peer Specialist, Don Robertson. If you would like more information, send us your details to: spnt.brightoneip@nhs.net



Sussex Partnership
NHS Foundation Trust