

Living Well Service Videos References

The information, references and further reading below refer to the videos shared on our [Living Well Service](#) webpage.

Advance Care Planning

Books:

[With the End in Mind](#) by Kathryn Mannix

[Listen](#) by Kathryn Mannix

[The Soul Midwives' Handbook: The Holistic and Spiritual Care of Dying](#) by Felicity Warner

[Good Death Project](#), a monthly virtual group which focuses on discussions about death and dying – please click on the link: <https://good-death.english.cam.ac.uk> or on twitter @what_death for more information.

Our [Ducks in a Row](#) booklet will guide you through the process of recording your affairs and allowing you to collect information about your life in one place. There are different sections such as your Information, contacts, documents, possessions and property section, finances and your final wishes. If you would like a copy of the Ducks in a Row booklet please contact Rachael Brown, In Memory Giving Officer on [01223 675881](tel:01223675881) or email r.brown@arhc.org.uk.

A Free Will Writing Service is available via Arthur Rank Hospice Charity. For more information please visit our website arhc.org.uk/freewill or contact Rachael Brown, In Memory Giving Officer on [01223 675881](tel:01223675881) or email r.brown@arhc.org.uk.

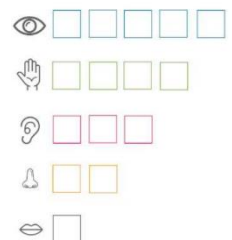
Anxiety

The following techniques are two of many options you could use if you are feeling anxious or overwhelmed.

5, 4, 3, 2, 1 GROUNDING EXERCISE

HOW TO DO IT:

5 4 3 2 1 Grounding Exercise



This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations. Take a deep belly breath to begin.

5 - *LOOK*: Look around for 5 things that you can see and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

4 - *FEEL*: Pay attention to your body and think of 4 things that you can feel and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

3 - *LISTEN*: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

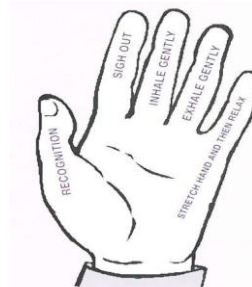
2 - *SMELL*: Say two things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favourite smells.

1 - *TASTE*: Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favourite thing to taste. Take another deep belly breath to end. Adapted from:

<https://www.bgcmd.org/wp-content/uploads/2020/03/Grounding-Exercise.pdf>

Calming Hand Technique

1. Recognition
2. Sigh out
3. Inhale gently
4. Exhale gently
5. Stretch hand & then relax...



Repeat as needed.

What to do

1. **Recognition:** Recognise the signs of breathlessness/panic and that they are not harmful. Hold your thumb firmly whilst reminding yourself what to do next. This will help to calm your breathing.

2. **Sigh out:** Relax your shoulders and breath out, stop and drop your shoulders.
3. **Inhale gently:** Take in a slow and gentle breath, through your nose, followed by ...
4. **Exhale gently:** ... a gentle breath out. Try and exhale for longer than you inhale.
5. **Stretch hand and then relax:** Hand stretching is helpful when having an acute episode of panic. Sometimes you may need to complete steps 1 to 5 again, sometimes it may take a while to settle.

Adapted from Anon by Coulthard M (1999) In: Burnett J & Blagbrough M (2007) Breathlessness Management Toolbox, Dorothy House Hospice Care In: Robinson D & English A (2010) Physiotherapy in Palliative Care (227-233) In: Hanks G, Cherney N I , Christakis N A, Fallon M, Kaasa S & Portenoy R K (2010) Oxford Textbook of Palliative Medicine (4th Edition) Oxford University Press: Oxford

Challenging negative thinking

Unhelpful thoughts are destructive - you may find by recognising negative thoughts you can plan for constructive alternatives to help in challenging situations or when having any irrational thoughts.

Ask yourself:

1. What are my thoughts when I am feeling anxious?
2. Are these thoughts reasonable? If not, why not?
3. How can I consider these thoughts in a more positive way?

Problem Solving Technique

Everyone has problems which can cause anxiety. To reduce this anxiety, it can be helpful to take action about the problem. Here are some exercises which might help:

Break the problem down

- What are your assumptions?
- Are they rational?
- What are the facts?

Ask yourself which parts are truly out of your control and what is not.

Think of as many ideas as possible no matter how bizarre.

- Assess all ideas
- Reject ideas that don't score well
- You should be left with 2-3 viable solutions, choose one and action it

If it doesn't work ask yourself:

- Have I followed the method fully and correctly?
- Have I identified the real problem?
- Is my solution practical or relevant?

Repeat the process again if necessary.

Fatigue and Sleep

https://health.ucdavis.edu/nursing/Research/INQRI_Grant/strategy_wheel/pace.html

Pacing is an **activity management technique for managing a long-term health condition or disability**, aiming to maximize what a person can do while reducing, or at least controlling, any symptoms that restrict activity. Pacing is commonly used to help manage conditions that cause chronic pain or chronic fatigue.

<https://www.rcot.co.uk/conserving-energy>

Miserandino, C. (2003). *The Spoon Theory*. [online] ButYouDontLookSick.com.

Available at:

<https://butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/>

[Accessed 6 Nov. 2019].

<https://www.sadrunner.com/articles/spoons-theory>

<https://bmjopen.bmj.com/content/9/12/e033066.abstract>

<https://familyandchildtherapy.com/2019/11/07/how-the-spoon-theory-can-help-us-put-a-fork-in-poor-communication-and-self-care/>

<https://thesleepcharity.org.uk/information-support/adults/sleep-hygiene/>

Breathlessness Techniques

Cambridge Breathlessness Intervention Service (information on Breathing Thinking Functioning Model) <https://www.cuh.nhs.uk/our-services/breathlessness-intervention-service/>

<https://supporting-breathlessness.org.uk/>

Mindfulness

<https://mindfulnessexercises.com/free-guided-meditation-scripts/>

https://www.reading.ac.uk/web/files/counselling/Mindfulness_2015.pdf

https://www.justcolor.net/nature/jungle-forest/?image=jungle-forest_coloring-page-adults-forest-celine_1

https://www.justcolor.net/relaxation/coloring-mandalas/?image=mandalas_coloring-abstract-mandala_3

https://www.justcolor.net/relaxation/coloring-vintage/?image=vintage_coloring-tournee-du-chat-noir_1

Relaxation

Hand massage videos from our Complementary Therapy Team

Our team has created two hand massage videos to allow you to carry out a self-hand massage or to provide a hand massage to another person. The videos are very relaxing and can be extremely useful to patients and carers, providing a chance to relax and take a little time away from any challenges.

Self-hand massage:

<https://www.youtube.com/watch?v=9c0kiHmfAd0&t=16s>

Giving a hand massage to someone else:

<https://www.youtube.com/watch?v=RVcmtGFZ2iA&t=3s>

The videos can also be found on our Complementary Therapy Team webpage: arhc.org.uk/supporting-you/care-services/therapy-teams/complementary-therapy/

Tranquillity Exercise

Think about the word tranquillity.

Say tranquillity three times in your mind.

Think about a colour associated with tranquillity.

Imagine all the things that this colour reminds you of.

Now *imagine* yourself in a place that brings a feeling of tranquillity.

What does it *smell* like in this place?

What can you *hear*?

Enjoy this feeling of tranquillity...

From: Tew, M & McKenna, J (2008) Lifestyle Management in Health and Social Care. Blackwell. Oxford

We welcome [your feedback](#) to these videos and resources and any of our services - you can find feedback details on our [webpage arhc.org.uk/feedback](http://webpage.arhc.org.uk/feedback)