

Coronavirus: Self-help Booklet Series



Coronavirus has meant we have all had to make changes to our lives.

We have not always been able to see our family and friends and we have not always been able to do our usual activities. We are all still getting used to these changes and what we can and can't do sometimes changes.

The differences in our lives and the rules for dealing with coronavirus can leave us feeling worried and confused. We may be worried about our own health and the health of our family and friends. We may be worried about the future and how long we will have to live with these changes to our usual routines.



This is part of a series of booklets for you to use, along with someone you live with, family member, friend or worker. The booklets can help you with your feelings. Remember it is normal to feel sad, angry, anxious, or not be sleeping well.

But it is important to talk about these feelings. It can be hard to talk but talking about how you feel can make you feel better.

If you don't live with your family, not seeing them can make you feel upset. You may not see your workers either. If we are unable to see our friends and family there are lots of ways to keep in touch: texting, phone call, email, video calling.



The booklets

There are lots of booklets to choose from. You can use all the booklets or just choose the ones that you need. It is up to you.

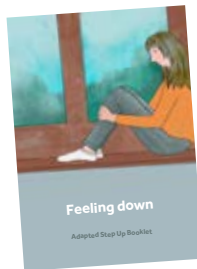
To help you understand your feelings

If you feel
anxious:



Pages 12-25

If you feel
down:



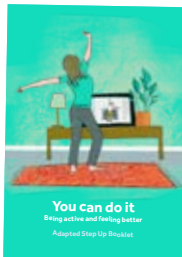
Pages 26-34

Solving your
problems:



Pages 35-49

Being more
active:



Pages 50-60

Sleeping
better:



Pages 61-75

Relaxing (video):
<https://vimeo.com/415101342>



If you live with someone or have family, friends or visiting workers, ask them to look at the booklets with you. If you live on your own you can ask someone to talk through the booklets with you on the phone or using a computer. Sometimes it is hard to say how you are feeling. The booklets have stories and questions to help you think about how you are feeling. They also have practical suggestions of how you can feel better!



Challenges

We all have different living situations.

You may live with family.

In March, Tim was feeling frustrated with his sister and worried about his mom and dad becoming ill. Tim's day centre has not reopened and he is feeling very lonely. Tim is now having difficulty sleeping. He stays up late at night watching the news because he worries about changes to the rules. Sometimes Tim doesn't fall asleep until 3am.



You may live in a shared house.

During lockdown Claire missed going to the gym and visiting her mom. Over the summer, Claire restarted at the gym and was able to see her mom everyday. In her area there are new rules and she now cannot meet up with her mom and the gym has closed again.



You may live on your own.

Louise lives on her own in an apartment. Louise has asthma and has been staying away from other people since March. This meant that she had to stay in all the time and couldn't go to work at the supermarket. In August, the rules changed and Louise was asked to return to work. Louise felt anxious and upset at the thought of leaving her house after so long.



Tim, Claire and Louise are all facing different challenges. Tim isn't able to go out as much as he wants and is having trouble sleeping. Claire is not able to do her usual routines. Louise is anxious about going back to work.

No matter what our living situation we are all facing challenges. We can use the talking points in the following booklets to open up about our feelings, talk to someone we live with, or a visiting worker and try to work together.

The advice in the booklets can help with how to deal with difficult feelings such as feeling down or feeling frustrated at not being able to go out. They can help with planning a routine, relaxation exercises, and sleep.

Tim, Claire and Louise have been able to work through the booklet.



Tim used the 'A Good Night's Sleep' booklet with his mom. Tim has used the tips in the book to help him switch off and get to sleep. He no longer watches the news late at night and this helps him not to worry.



Claire used the 'Feeling Down' and 'Anxiety' booklets with her worker. They helped her talk about her worries. Claire had been doing workouts on YouTube but her worker suggested they do Couch to 5k together. Claire is enjoying exercising outside in the fresh air, even when it rains! This has improved her mood and wellbeing.



Louise looked at the 'Anxiety' booklet with her worker. Louise's worker has helped her arrange a meeting with her manager to talk about her worries. Louise's manager explained how Louise can wear a mask at work and this has helped her to feel safe. She tried a few different masks and found a colourful one that is comfortable. She has now returned to work and is enjoying being back in her usual routine.

New words

Some of the words that we hear used on TV and on the radio are new and difficult to understand. This is a list of some of these words and what they mean.

Lockdown: This word sounds frightening but isn't. The government may ask us to stay at home apart from shopping for food, or exercise. To help with this some shops and restaurants may close. You can still go out to get food, daily exercise, or if you need medical help.

Vulnerable: Some people are more likely to be very ill if they catch Covid 19. These people are vulnerable and may need to do extra things to stay safe. This means even when some other people are going back outside and doing activities, they may have to stay at home.

Covid 19: This is the name of the specific type of coronavirus that is spreading worldwide.

Virus: A small particle that can infect a person and make them ill. Colds and chickenpox are both common types of virus.

Isolation: Keeping yourself away from other people. For example, if you start to feel ill with a temperature (fever), or cough, you should not go outside. You may also be asked to isolate if you have been close to someone with coronavirus.

New words - continued

Social Distancing: We should keep a physical distance from people we don't live with. On a walk or cycle we should keep 2 metres (a car length) away from other people. It means that you should not go out to visit family and friends or have visitors. You can still call people on the phone, talk via a video call such as FaceTime, WhatsApp, Skype or Zoom.

811: is a number to call in many provinces if you need some help if you have questions and are feeling ill. In Ontario you can call Telehealth Ontario 1-866-797-0000.

Masks: If we can, we should wear face masks in shops, on the bus, at health appointments or other indoor places. The mask should cover our noses and mouths.

Covid test: If you become ill, you may have a swab test to see if you have coronavirus. A swab is a long cotton bud and it goes in your nose all the way back for a second and is rubbed there.

How do we know if something we hear about coronavirus is true?

We might hear something that frightens us or makes us feel upset. Sometimes we can hear or see things (especially on the internet) that are untrue.

Good sources of information:



Television news sites like CBC.
www.cbc.ca



The HCARDD website
www.hcarddcovid.com/info



Call and ask a trusted staff member/friend/family member



**Government
of Canada**

The government website
www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html

We hope you find these booklets useful.
If you have any feedback for the team,
please contact us on:
ihw-cope@glasgow.ac.uk

Feeling Anxious about Coronavirus

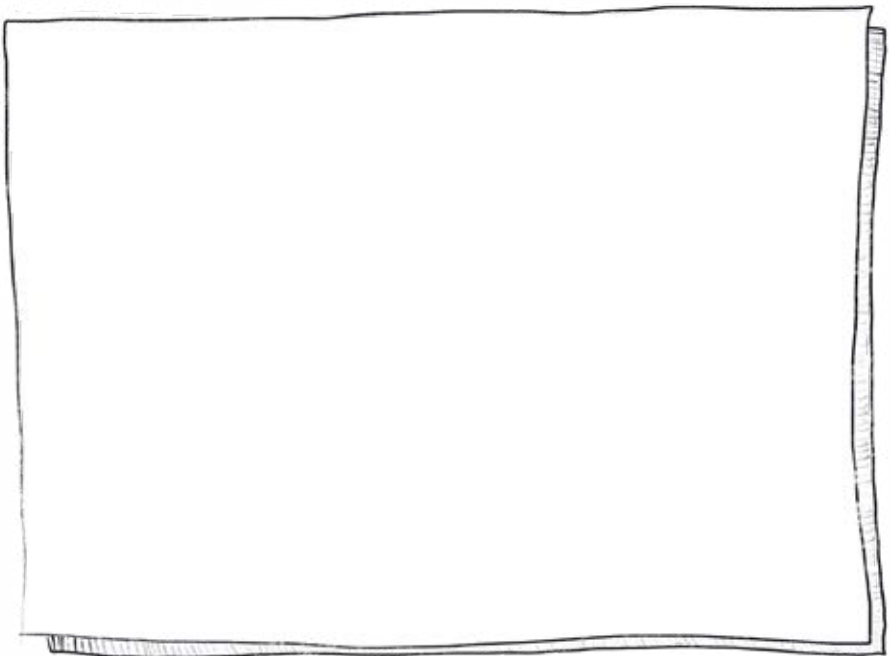


Feeling anxious is a normal feeling. We all feel anxious at times. Just now some people are feeling anxious about a new virus called coronavirus (sometimes called COVID-19). There is lots of information you can find about this.

Lots of other things can make us feel anxious too. This will be different for different people.

We can get anxious when we are doing something for the first time, or if things don't work out the way we would like.

People use different words to talk about feeling anxious such as feeling uptight, worried or stressed. What words do you use?



Kate's story

Kate is feeling anxious because there are lots of changes in her life due to coronavirus. Kate has a job at a charity shop, but she hasn't been at work since the start of the virus. Her local club has been closed, so they have been doing video calls on the computer instead. This means that Kate can see her friends, but she finds it more difficult to talk on the computer. Kate is glad she can visit her parents again, but she worries that if they get ill she will have to stop her visits.



What makes you feel anxious?

Tick the boxes if these things have made you anxious.

	TICK BOX
Will I be able to visit family again?	
Will I lose my place at college?	
What if I forget to wash my hands?	
What if someone comes too close to me when I'm out?	
What if my mom or dad gets ill?	
What if I get ill?	
Will I see my friends again?	
Will I be safe when I go out?	
Will the rules change again?	
What if I have to get tested?	

Are any other things making you anxious just now?

Worries

When we are anxious, we often think or say things to ourselves inside our mind. These are sometimes called worries or anxious thoughts. In this booklet we call these worries.

These worries sometimes go around and around in our mind and can be difficult to stop.

This can happen to anyone. The problem is, that if you spend a lot of time worrying it can make your anxiety even worse.

Often one worry leads to another and it can be hard to think about anything else. This means we can't concentrate on what we are doing.



Kate's worries:

Kate has been getting caught up in lots of worries about her job in the charity shop. She hasn't been to work even when the shop's been open, as she doesn't feel safe. She worries that she might lose her job. The more she thinks about this, the more anxious she gets. She worries that if she loses her job then she might not be able to find another one. These thoughts get stuck in her mind. Kate also worries about the future and all the things that might go wrong. She worries that things might never get back to normal.



What are your worries? You can write these below.

Anxiety in the body

We can notice changes in our body when we feel anxious. Some changes are below:

Tick the changes you feel in your body

	TICK BOX
Heart beating fast	
Stomach churning/feeling sick	
Legs shaking	
Feeling hot and sweaty	
Wanting to go to the toilet more often	
Tense shoulders	

When **you** are anxious what changes do you notice in your body?



When Kate feels anxious, she notices her stomach churning. Her shoulders feel tight and tense. Sometimes if Kate gets really anxious her legs get shaky and she has to sit down. Then Kate worries that people might notice that she is anxious and this makes her feel worse.

Some things you can do to stay calm

Here are some ideas for staying calm.

Some ideas are:

- ➔ Calm thinking.
- ➔ Relaxing your body.
- ➔ Taking your mind off of worries.
- ➔ Staying in touch with others, when you can't visit.
- ➔ Being kind to yourself and others.



Calm Thinking

One of the things you can do to feel less anxious is to practice calm thinking. The more you practice the easier it will be.

Looking at things differently

If we **stop** and **notice** that we are worrying we can try and see things differently.

Stop, Notice and Think Different.

Kate's Story

When Kate has an anxious thought like 'What if I lose my job?', she has been trying to stop and look at the situation differently. Kate reminds herself that 'It's okay, things will be back to normal soon'. This is a calm thought and helps her feel less anxious.

Other *calm thoughts* that can help us when we are anxious are:

'This won't last forever'

'I'm not alone – others have these changes too'

'I can get through this'

'I have my support workers to help me with problems'



Relax your body



- ➔ Sit on a chair
- ➔ Take a few slow, easy breaths
- ➔ Breathe in through your nose and out through your mouth, if this feels comfortable
- ➔ You can count these breaths 1 – 2 - 3
- ➔ Let your shoulders relax
- ➔ Try and let your muscles go soft and relaxed

Sometimes relaxing activities can help you relax your body.

This might be having a bath or listening to relaxing music.

What relaxing activities do you enjoy?

If you would like to find out more about relaxation you can watch the short relaxation film included in this resource pack.

Do something to take your mind off of worries

Another way to feel less anxious is to do something to take your mind off your worries. This is sometimes called distraction. You can choose something to do when you feel anxious.

Kate's story:

Kate is only going out once a day, so she has been trying to find new things she can do at home, like dancing to her favourite music and watching her favourite programmes. Her support worker helped her find an exercise class online. After lunch she goes for a walk outside to get some exercise. If Kate focusses on what she is doing now, it takes her mind off worries about the future.



Some other good ideas for things to do are:

- ➔ Cooking lunch
- ➔ Listening to the radio
- ➔ Watching DVDs
- ➔ Getting things done around the house
- ➔ Artwork
- ➔ Phoning someone for a chat

Talking to others and keeping in touch.


Having a chat to others can help take our mind off of worries too. Even when you can't visit others, you can stay in touch by phone or computer. Arrange a call at the same time every week. If you need help with this you can ask a friend or a worker to help.

Be kind to yourself

Sometimes we forget to treat ourselves well. It really helps to be kind to ourselves when feeling anxious.

This might involve some of the ideas above, like calm thoughts or slow breathing. Other small things might help.

Notice if you are being too hard on yourself and try these kind thoughts:



It's okay,
I am doing
my best

This is not
my fault

It's okay to
feel like this,
everyone
gets anxious

Being kind to others feels good too

We all feel good about helping other people. This can be doing something small like phoning a friend to let them know you are thinking about them. Or you could send a card to someone you care about. Other ideas are:



Kate's story:

Instead of getting stressed about all the changes Kate has been finding other things to do instead. She has been taking her mind off of her worries by doing things that she enjoys like dancing and keeping fit. Whenever she worries about losing her job she practices her calm thoughts.



Make a plan and practice

Use this page to build a plan that works for you, write down things that might make you feel better when you are feeling anxious:





Feeling down

Adapted Step Up Booklet



Losing
your
temper

I'm sad
I can't
go out

I feel
lonely

I am
tired

I want
to cry

I do not
want
to get up

Everything
seems
bad

I cannot be
bothered

It is
difficult
to have fun

Feeling down:

George's story

George felt sad during the lockdown. He couldn't go out to his volunteering and he couldn't see his mom. He felt better when he started seeing his mom again and he began using the computer to see his friends. But he still misses going out to his activities and he gets fed up being at home most days. He feels down again.

Everyone feels down at times. We feel down if something bad happens. Like losing a friend, or having no money.

Often, we feel better after a day or two. But sometimes it lasts longer.

There are other names for feeling down. Some people call it depression. What do you call it?

What does it feel like?

Sometimes we feel down all the time. It feels like every day is bad. This feeling can last a long time. Other people notice we are feeling down. Each person feels down in different ways. 1 or 2 things can change. Or everything can seem different.



What do you notice when you feel down?

Here are some problems people can have when they feel down.

Tick the box to show what things change when you feel down.

	Yes 	No 
Low energy	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tiredness	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Problems sleeping	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Not wanting to talk to people on the phone	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Feeling lonely	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Not interested in food	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Feeling fed up	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Losing our temper	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Crying a lot	<input checked="" type="checkbox"/>	<input type="checkbox"/>
No interest in doing things	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Aches and pains	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Feeling unsure about things	<input checked="" type="checkbox"/>	<input type="checkbox"/>

What other things change when you feel down?

What makes us feel down?

Sometimes we know what is getting us down. It can be small things or big things that upset us.

Catherine's Story

Catherine did not know why she was feeling down again. She spoke to her sister on the phone.

She had been getting on really well in the new house she moved to when her mom died. She had also started going to clubs, which she enjoyed. But everything stopped because of the COVID lockdown. She felt better when she started going out again. However, now she worries about getting sick with COVID or that her sister will catch it. And she still misses her clubs and seeing her friends. She doesn't know what to do.



What makes you feel down?

Tick the boxes if these things have made you feel down.

	Yes 	No 
Being ill		
Other people being ill		
Other people being unkind to you		
Someone close to you dying		
Being bullied		
Not seeing your friends/family		
Feeling lonely		
Not having much money		
Having nothing to do		
Arguing with other people		
Having little or no support any more		

There might be other things that make you feel down.
 Sometimes we do not know why we feel down. Nothing upsetting has happened. We just start feeling down.

Talk to someone

When we feel down it is difficult to know what to do. Support from other people is important. They can help us find ways to feel better. Get someone you trust to help you. Ask a friend, family member or worker.

People I can speak to about my problems:



More good ideas

There are other booklets about sleep, getting exercise and solving your problems. These are all ways of helping you to feel better. You can look at the booklets with someone. Or, you can talk to them on the phone about the booklets. Try out the ideas in the booklets and see if they help.





Sort it out

A way to help you solve your problems

Adapted Step Up Booklet

I wish
I could see
my friends

I wish
I could
go out like
I used to

Arguing
with
other
people

I wish
I had
more
to do

I am
bored

My health
is bad

Stop
bullying
me

I don't have
enough
money

Feeling
lonely



Sorting problems out

We all have problems to sort out. Each day something new happens. It can be a small problem, like choosing what clothes to wear. Or it can be a bigger problem, like not getting out to see friends and family.




















James' problem

James owes his sister money. He does not have the money to give her. His sister will be angry. It is difficult to know what to do.

Every problem is different. Some problems are easy to sort. Others are more difficult. Our problems can make us feel down. This booklet is to help you sort out your problems.

Types of Problems

Have you had any of these problems?

	Yes 	No 
Falling out with a friend		
Getting help when you are unwell		
Being bullied		
Being left out		
Feeling that people do not listen to you		
Money problems		
Something is broken in your house		
Feeling bored		
Feeling lonely		

How do you sort your problems out?

Sorting Out Problems

Having problems can make us feel down. We can learn how to sort out problems using 5 steps.

Try these 5 steps to sorting out problems:

1. **Decide what the problem is**
2. **Think of some ideas to deal with the problem**
3. **Choose one idea**
4. **Give it a go and see what happens**
5. **Check if your idea worked**

The 5 steps can help to sort out any problem.

Step 1: Choose a problem

When we feel down
our problems seem bigger.

The problem seems hard to sort out alone. Ask someone you trust for help. Choose someone to talk to about the problem. It could be a family member, a friend or worker. Explain the problem.

Let's look at Sarah's problem

Sarah used to volunteer three times a week at a charity shop before coronavirus. She has not been able to go back to her job yet. Because of social distancing only a few volunteers were asked back when the charity shop was re-opened. Sarah misses her friends at the charity shop. Her daytime art club is still off because of coronavirus. She misses having activities to go to. Sarah has been sleeping in late because she does not need to get up in the morning to go to work. She hates having nothing to do and ends up watching TV for most of the day.



Now it is your turn.

What problems do you have now? Write them down or draw them in the box.



My problems

Step 2: Think of some ideas to sort the problem

It helps to talk about your problem with someone. You might not be seeing people face to face as much right now but you can still talk to them on the phone or online.

You can come up with some ideas together about what to do. It might be difficult to think of ideas at first. Keep trying though. Any ideas are helpful. It doesn't matter what the idea is.

Let's look at what Sarah came up with to help her get out of bed in the morning and to find things to do during the day.

Idea 1

Get someone to call me every morning to wake me up.

Idea 2

Get help to do more of my own cooking so that I have something to do.

Idea 3

Make a plan of things to do every day so that I'm not so bored.



Your turn.

Remember, any ideas are helpful.

Now we can start to sort out your problem. Choose one you want to try and sort out. To start, choose a small problem. You can sort out bigger problems later.

Write or draw your problem.

Try to think of 3 ideas to sort it out.

What is your problem?

Idea 1

Idea 2

Idea 3

Step 3: Choose one idea to try

Talk about the ideas. What are the good things about each idea? Is there anything that makes an idea difficult?

Let's look at Sarah again. She wrote down what she thought about each idea.

Idea	Good Things	Difficult Things
1. Get someone to call me every morning at the same time	It will help me get up in the morning. Someone speaks to me every day.	The person might forget to phone me.
2. Do more cooking	Fun. Like eating nice food. I could eat more healthily.	More work. Need to be more organised.
3. Make a plan of things to do each day	Help me organise my day. Give me things to do every day.	Might find it hard to think of things to do. Not quite sure how to make a plan.

Now it's your turn.

Use the boxes below to write down the good and difficult things about each of your ideas.

Idea	Good Things	Difficult Things

Choose the idea you think is best to sort out your problem.

Step 4: Give it a go

Now it is time to try your idea out. Make a plan of what you are going to do.

Try and break the plan into small parts. Put your plan into action. See if it works.

If your plan works it will help sort out your problem. Sorting out your problems helps you feel better.

Sarah chooses the idea about making a plan of things to do each day.

Sarah's plan:

Part 1:

Talk to Julie, my support worker, on the phone. Ask her to help me to make a list of things I like to do in the house.

Part 2:

Get Julie to help me pick out the things I would most like to do to keep me busy.

Part 3:

Make a plan with Julie. Get her help to make a timetable of things to do during the day. Plan to try out the timetable next week.

Your turn again

Make a plan of what you are going to do.
Try and break the plan into small parts.
Look back at the 3 parts in Sarah's plan
on page 46.

My plan:

Part 1

Part 2

Part 3

Well done, you have done a lot of work. Now it is time to put your plan into action. See if it works.

Step 5: Did it work?

Remember to check if your idea worked. Is your problem sorted out? You should feel better if it is.

How did Sarah get on?

Sarah and Julie talked on the phone and together they made a timetable for Sarah to follow for the week. They had made a plan of things to do every day. Sarah felt happy. She had taken the first step to sorting out her problem.

Sometimes our ideas do not work. That is OK. The important thing is to keep going. Have another shot at sorting your problem out. How did Sarah manage to keep going?

Sarah had found it difficult to stick to the timetable. She was still sleeping in some days. She just went back to sleep after her wake up call. Julie and Sarah talked about it. They decided it would be better for Sarah to use the alarm on her phone to get her up. Then she could call Julie to chat.

Sarah and Julie also decided there were too many things on Sarah's timetable. Sarah was finding it too much and a bit confusing. They made a new timetable with less activities in it. Once Sarah feels more confident about doing these activities she can add more things to do.



My plan did not work

Sometimes our ideas do not work.
That is OK.

The important thing is to keep going. Have another shot at sorting your problem out.

If your idea did not work, see if these things help:

- ♥ Talk about why the idea did not work
- ♥ Try the same idea again, but make a new plan
- ♥ Choose another idea from your ideas list
- ♥ Think of some new ideas and make another list

It helps to break a difficult problem into smaller bits. Use the 5 steps to sort out each bit. Look back at the problem you chose. Can you break it down into smaller parts?

If your plan didn't work, write your new plan

My new plan

If your plan worked then write down what you're going to do next.



You can do it

Being active and feeling better

Adapted Step Up Booklet

You can be active in lots of ways even if you can't go out much

Dancing
Walking
Cycling
Housework
Gardening

Do you like
doing any of
these things?





Getting active is fun. It helps us to:

- ♥ Feel connected to people
- ♥ Have a laugh
- ♥ Feel better
- ♥ Get healthier
- ♥ Boost our mood



Getting active

Everyone has to stay home more now but you can still be active and it can still be fun!

If we feel down, being active can help us feel better.
Once you get going you will feel better.

Try it yourself.

Here are some ideas to help you get active

- ♥ Do short bursts of exercises at home
- ♥ Go online and join others exercising to YouTube videos. Just do what you can. It's fun!
- ♥ Do some housework – clean out a cupboard
- ♥ Dance along to your favourite song
- ♥ Go for a walk
- ♥ Plan a nice dinner
- ♥ Bake a cake
- ♥ Do some arts and crafts
- ♥ Do a puzzle



If you share your house with someone it can be good fun to do things with them. If you live on your own, talk about what you're doing with people on the phone or online.

Choose the things you like doing

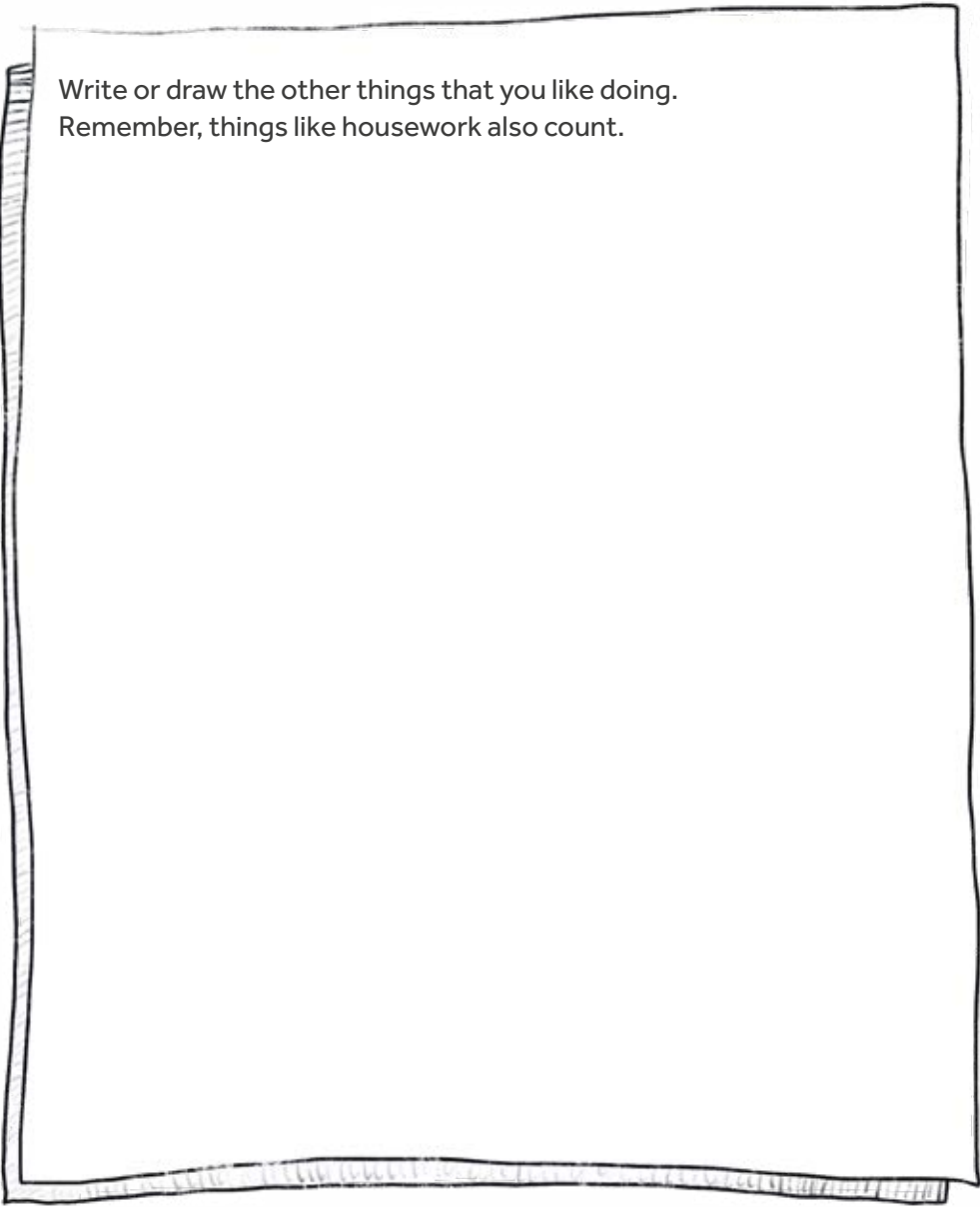
Tick the things you like doing.

Walking	
Gardening	
Housework	
DIY	
Cycling	
Doing a workout at home	
Dancing	
Playing board games or jigsaws	
Listening to music, or the radio	
Drawing or painting	
Making snacks, cooking or baking	
Listening to audiobooks or watching TV	

Other things you like doing

Everyone likes different things.

Write or draw the other things that you like doing.
Remember, things like housework also count.



Being active can boost your mood

You can choose what type of exercise to do. Even going for a 10 minute walk can help you feel better.

Try to do some activity at least once a day. Once you feel a bit more confident, do a bit more activity. Being active for 30 minutes, twice a day is a good target to aim for.

If you have to self-isolate, you can still be active at home.



Choose what you want to do

You decide what to do.

Being more active can be difficult to start with.
We sometimes need support from other people.

Ask someone to help you. If you live alone maybe talk to someone on the phone about what you'd like to do. Try and do something active every day. Take it a step at a time. Build up slowly.

Sue's Story

Sue used to go to a dance class twice a week. She loved it because of the dancing and also because she met her friend there. When it was cancelled because of coronavirus she was sad. But her friend phoned, and they agreed to dance in their separate houses and then phone each other to talk about their moves. But Sue got fed up doing this, so they joined an online dance class. Sometimes Sue finds it hard to keep going with the dance class, but once she starts dancing, she really enjoys it and she feels good afterwards. Sue also meets up with her friend outside when it's allowed.



Things to do at home

There are lots of activities you can do at home, either on your own or with others.

If you live alone you can chat on the phone about what activities you're doing with a support worker, a family member or a friend. This can help you to keep active.

If you have the internet or a smart phone you could try some online exercise classes. Or look for other things to do online. Lots of people are doing this!

Or think of ways of helping other people, like giving a friend a call.

Remember you can still go out to go for a walk or to do some daily exercise.



Being active will help you feel better.

Use this page to build a plan that works for you, try to do some activity at least once or twice a day. Choose things that you like to do and plan your own routine that you can try.



Tell yourself to give it a go!

YOU CAN DO IT!



Helpful stuff to remember

Check you are wearing the right shoes and clothes.
Warm up before exercising. Drink juice or water after
being active.

Being active is not sport. Walking counts and so does
housework, gardening and dancing. Anything that gets
us moving is good for us.

30 minutes activity each day helps us stay healthy.
Work towards that target.

Getting active is a challenge. Start off easy. Build up
slowly. Take small, steady steps.

There are lots of new things to try.

Tell yourself to give it a go.





A good night's sleep

Adapted Step Up Booklet



A good night's sleep.

Sleep is good for everyone.

Having a good sleep:



**makes
us feel
better**



**keeps us
awake**



**gives us
more
energy**



**helps us
enjoy life
more**



**keeps
us well.**

Everyone feels better after a good night's sleep.

Most people sleep for 7 or 8 hours, each night. Some people need to sleep more. Other people sleep less. Everyone is different. The important thing is you feel rested the next day.

Sleep problems

Some people have problems sleeping.

Sleep problems can be caused by:

- ☹️ going to bed at the wrong time
- ☹️ trying to sleep at the wrong time
- ☹️ worrying
- ☹️ feeling down
- ☹️ a bedroom that is not comfortable
- 😊 things we have done during the day
- ☹️ too much noise or light
- ☹️ medical problems.

There is good news.

Lots of things will help
you sleep better.



Are you a good sleeper?



People who are good sleepers:

- fall asleep quickly when they go to bed
- get back to sleep easily if they wake up
- feel rested when they wake up
- can do the things they want during the day.



People who are poor sleepers:

- find it difficult to get to sleep
- lie awake for a long time in bed
- find it hard to get back to sleep if they wake up
- feel tired or in a low mood the next day.

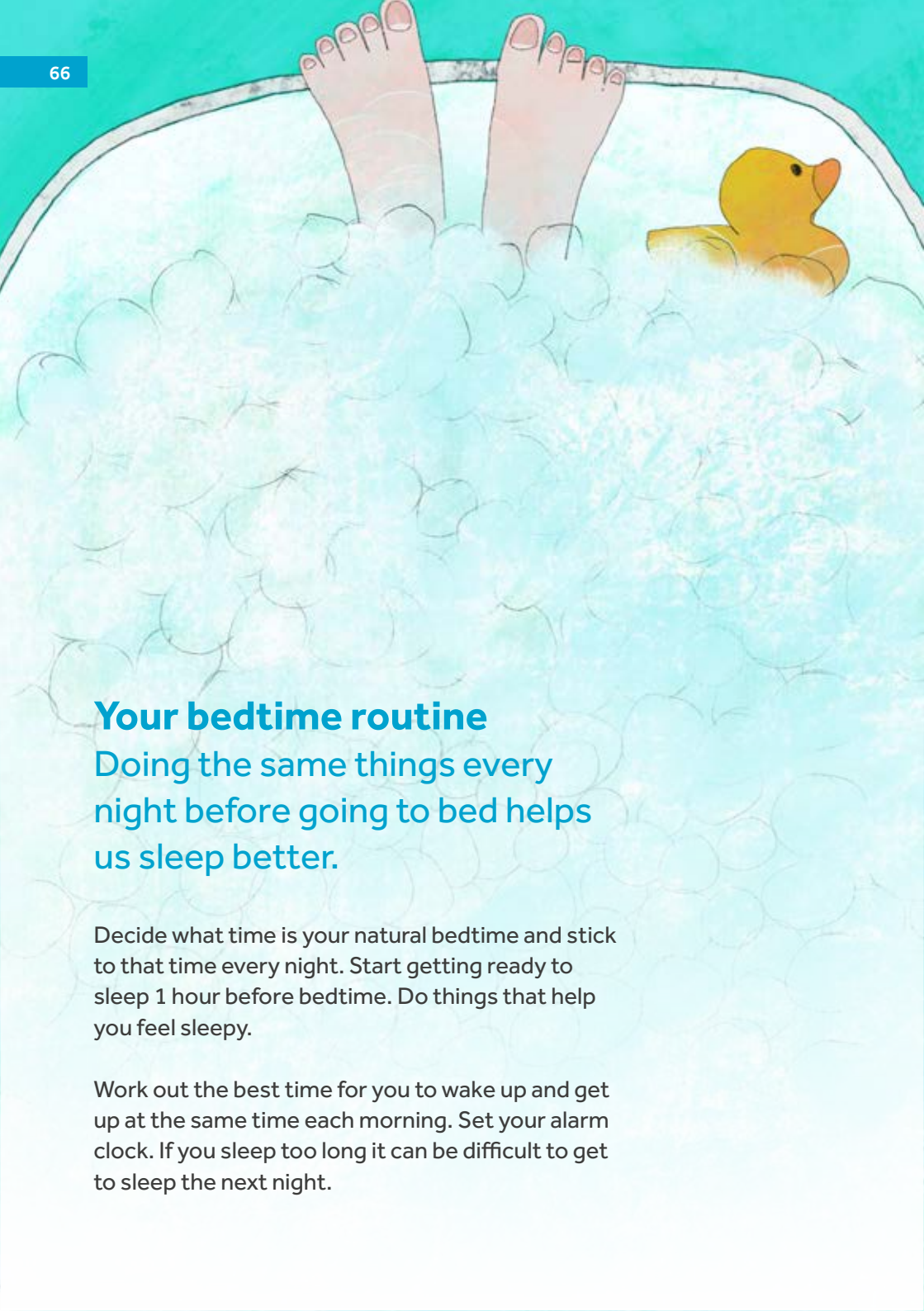


Do you wish you could sleep better?
Here are some tips.

Sleeping better

Ten tips for a better night's sleep:

- ✓ Find out how much sleep you need and find out the best time for you to be sleeping.
- ✗ Do not drink caffeine drinks (like tea, coffee, energy drinks or cola) after 7 o'clock at night.
- ✓ Go to bed when you feel sleepy (as long as its the best time for you).
- ✗ Do not drink alcohol before bedtime.
- ✗ Do not take naps during the day.
- ✓ Check the temperature in your bedroom - make sure it is not too hot or cold.
- ✓ Look at your bed. A new mattress might help you sleep better.
- ✓ Make sure your room is dark until morning. If not, get new curtains, or a blind.
- ✓ Keep busy during the day.
- ✓ Only use your bed for sleeping. Do not do things like watching television.



Your bedtime routine

















Doing the same things every night before going to bed helps us sleep better.

Decide what time is your natural bedtime and stick to that time every night. Start getting ready to sleep 1 hour before bedtime. Do things that help you feel sleepy.

Work out the best time for you to wake up and get up at the same time each morning. Set your alarm clock. If you sleep too long it can be difficult to get to sleep the next night.

What makes you feel sleepy?

Mark the boxes if these things help you feel sleepy.

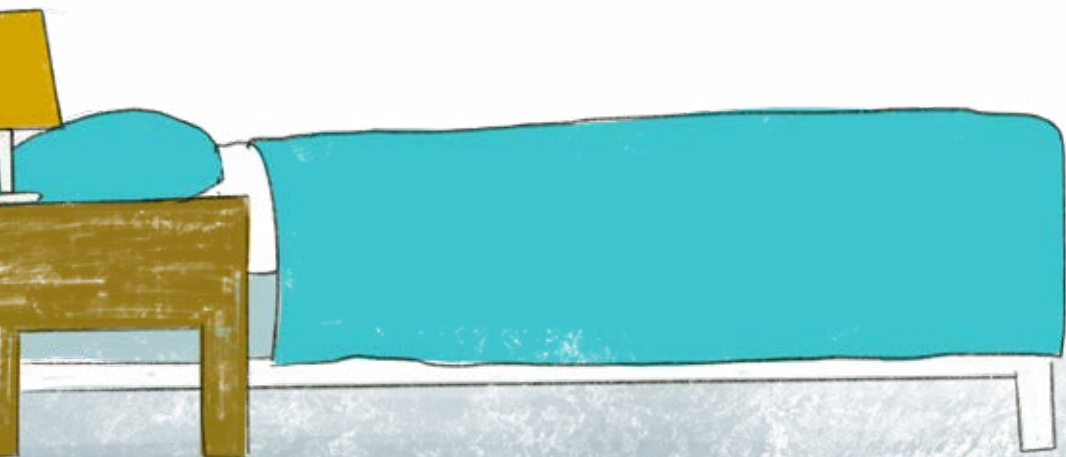
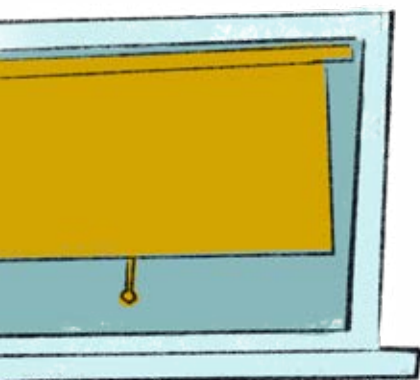
	Yes 	No 
Having a warm bath before you go to bed		
Listening to relaxing music		
Putting on pyjamas		
Getting washed and brushing your teeth		
Looking at a book or magazine		
Watching TV		
Listening to a relaxation tape, or CD		

Think of other things that make you feel sleepy.
Do the things that make you sleepy every night.
Make them part of your bedtime routine.

Is your bedroom comfortable?

You need to be comfortable to get a good night's sleep.

Ask someone to look at your room with you. Or if you're on your own send someone photos of your room to talk about.



Hot and cold

If your bedroom is too cold, it is difficult to sleep. The bedroom might be too hot. Your bedroom should be colder than other rooms. In summer use a lighter blanket or duvet.

Lighting

Too much light can wake you up. Look at your curtains. Make sure they keep the light out. If you can't get to sleep make your room as dark as possible. If light gets in, thicker curtains or blinds will help. If you wake up too early make sure your room is still dark. If you struggle to wake up in the morning put the lights on and open the curtains.

Noise

Does noise wake you up at night? Find out where the noise is coming from. Ask someone to help you sort it out. Some people like to sleep with ear plugs.

What would make your bedroom more comfortable?





**Things you
can do to
sleep better**

Try these ideas. See if they help you sleep better.

Stay awake

Try not to take naps during the day. Staying awake during the day will help you to sleep at night.

Caffeine

Some drinks have caffeine in them. Coffee, tea and fizzy drinks have a lot of caffeine. Caffeine wakes you up. Too much caffeine makes it difficult to sleep.

Try these ideas:

- Do not have caffeine drinks after 7 o'clock at night
- Buy coffee and tea with no caffeine
- Only have 3 drinks with caffeine each day.

Test your bedtime

Try going to bed an hour earlier than usual or an hour later to see if it makes any difference. Some people are suited to going to bed earlier and some later. Find out what works best for you.

Alcohol

Small amounts of alcohol can be good for you but it is important not to drink too much. If you have sleep problems drink less alcohol. Try not to drink any alcohol. See if you sleep better.

Going to the toilet

Do you wake up and go to the toilet every night? Try to drink less before bedtime. Do not drink anything for 1 hour before going to bed. Make sure you go to the toilet just before you go to bed.

Bedtime activities

Only use your bed for sleeping. Do not do things like watching television, or using a computer or a phone in your bed. Go to bed when you feel sleepy. Put the lights out and go to sleep.

Now make a plan of things you want to try.

Your sleep plan

Choose 3 things to try and help you sleep better.

Tick the things you have chosen

	✓
Go to bed at the same time each night	
Wake up at the same time – set your alarm	
At night do things that make you feel sleepy	
No naps during the day	
Make your bed more comfortable.	
Change your bedroom – light, heating, noise	
Cut down on caffeine drinks	
Go to the toilet before bed	
Cut down, or stop, drinking alcohol	

Find the 3 things you have chosen in the booklet.

Plan how to try them out.

What if it is difficult to fall sleep?

It sometimes takes a long time to fall asleep. We lie in bed trying hard to get to sleep. Nothing seems to help. The harder we try the more difficult it is to get to sleep. We start to worry.

Most people fall asleep in less than 15 minutes. Don't lie awake getting frustrated, just get up for a while and go back to bed when you feel sleepy. Don't force sleep, let it come naturally, try keeping your eyes open in the dark, you'll soon find they want to close.

Try these ideas:

- Go into another room and watch TV or sit in a chair beside your bed and listen to music, once you feel sleepy go back to bed.
- Say to yourself; *its ok to be awake.* Take some nice deep breaths, enjoy the peace and quiet and you won't stress out, and you're more likely just to fall back to sleep.
- Stay up later and get up a bit earlier for a few nights, this strengthens your sleep and helps to get it back into a normal pattern.



Sleeping well will help you to feel better during the day.

Use this page to build a plan that works for you, try building your own wind-down routine that you can try:



WELL DONE!

So far you have:

- ♥ Thought about your sleep
- ♥ Made a sleep routine
- ♥ Looked at your bedroom
- ♥ Made choices about your lifestyle.

You might start sleeping better now.

Sometimes you need to give it time.
Stick to your routine. Keep trying.

Important stuff to remember

Sometimes the ideas in the booklet do not help.
You might need help from other people.

Talk about your sleep to the person who helps you use the booklets.

Think about who you can talk to about your sleep problems. What about your doctor, a nurse or social worker?





This resource has been adapted by CAMH to be used in Canada
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of Glasgow



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