

"Reducing Stress and Anxiety

If news stories make you feel anxious or confused, think about switching off or limiting what you look at for a while.

Social media could help you stay in touch with people, but might also make you feel anxious including if people are sharing news stories or posting about their worries. Consider taking a break or limiting how you use social media. You might decide to view particular groups or pages but not scroll through timelines or newsfeeds.

There are lots of different ways that you can relax, take notice of the present moment and use your creative side. These include:

arts and crafts, such as drawing, painting, collage, sewing, craft kits or upcycling
DIY
coloring
mindfulness
playing musical instruments, singing or listening to music
writing
yoga
meditation.

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What can I do to relax?

You can use these exercises when you're feeling stressed, busy or worried:

Relax your body

Draw calming circles

Take a mindful moment in nature

Don't worry if one technique doesn't work for you - you could give it another chance, or just move on to a different exercise.

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How to use relaxation exercises:

You can use relaxation techniques regularly, or every once in a while, - whatever feels right for you.

Try and make some time in your day to try these exercises. Don't treat relaxing like a task that needs to be completed - try to think of it as giving yourself some time and space.

Find somewhere quiet and comfortable where you won't be interrupted, if you can.

Try to make sure your surroundings are the right temperature - it can be hard to relax if you're too hot or cold.

Relax your body

When you're stressed your muscles can become tight and tense. This exercise helps you notice tension in your body and relax your muscles.

What do I need?

You will need:

somewhere comfortable to sit or lie down
space where you won't be interrupted

What do I do?

Lie down or sit with your back straight and your feet on the floor. Close your eyes or focus on a spot in the distance.

Start by clenching your toes as much as you can for a few seconds then releasing them. Notice the difference between the two feelings.

Match this to your breathing. Tense your muscle as you take a deep breath in, and relax as you breathe out.

Move up your body to your thighs, your stomach and all the way to your shoulders and hands, clenching and relaxing each muscle in turn. Take time to notice any parts of your body that feel tense, tight or tired. You can repeat if you still feel tense.

Take a moment to relax, then slowly and gently begin to move. When you feel ready, you can stand up slowly.

Variations

Instead of tensing your muscles, try placing something warm on each part of your body in turn.

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Draw calming circles

Color, creativity and movement can help you feel relaxed by:

distracting you from worrying thoughts
giving you an outlet and focus for your emotions
stimulating your senses.

What do I need?

You will need:

a table or desk
blank paper
crayons, colored pencils or pens
sticky tape or masking tape to hold your paper down (optional)

What do I do?

Make sure you are sitting comfortably with your feet firmly on the floor, your back straight and your shoulders relaxed.

Take your paper and crayon and draw a circle that fills most of the page - don't worry if it's a bit wonky!

Now keep drawing. You could keep going over the circle, or fill it with a pattern, but try not to let your crayon leave the page. Don't worry about creating a finished picture, just keep going.

Take time to focus on what you're drawing. Focusing on these sensations can help you quieten your mind.

Once you have done this for a few minutes, try using a different color or pattern.

Variations

If you're focusing too much on getting the pattern right, try using your other hand.

If you find it hard to get started, try using a coloring book.

Take a mindful moment in nature

Mindfulness is a way of paying attention to the present moment. And spending time in green spaces (ecotherapy) has been found to reduce stress, anxiety and depression.

Follow these steps for a new way to experience your surroundings. If you're able to walk this can also be an opportunity get some gentle exercise, but you can do this exercise whatever your mobility.

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What do I need?

Just yourself and a green space - try a local park, woodland, nature reserve or just your garden.

What do I do?

Find a green space. When you get there, stop for a moment and take a deep breath. Start exploring slowly - try not to focus on getting somewhere in particular. Really focus on any movement you make. If you're walking, notice which part of your foot touches the ground first, and feel the transfer of weight through your foot.

Notice the ground underneath you. Is it grass or earth? Does the ground feel soft? What colours can you see?

Think about the rest of your body - how are you holding your arms? Does the air on your face feel cold or warm?

Listen to the sounds around you - can you hear birdsong, or wind rustling through the leaves?

Variations

If you can't go to a green space, you can try opening your window and noticing what's around you. Notice any clouds in the sky, or trees and plants you can see. Can you feel rain, wind or sun on your skin?

You could try looking after a plant. Spend time focusing on its scent, shape and texture. You could try touching some of the leaves or soil and focusing on how it feels.

If you would like to look at more ways of keeping active Sport England have provided some options on their site

<https://www.sportengland.org/stayinworkout>

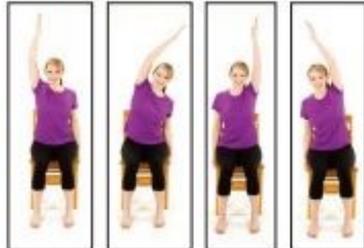
Exercise

YOU-fit: Exercises for EveryBODY

Mountain



Side Bend



Knee Hug



Cow/Cat



Helicopter



Half-Forward Fold



Reverse Chair



Warrior Series



Hamstring Stretch



Gluteal Stretch



Quadriceps Stretch



Relive Stress

Stress-Busting *Pranayama*

5 Minutes

Inhale deeply through your nose, paying attention to the expansion of your rib cage.

Hold the air in for 2-3 seconds. Exhale completely through your nose, noticing how your body is softening.

Inhale completely through your nose, but this time imagine your body is a vessel and the air is water.

Fill your abdomen with air first, then your lower ribs, then your chest. Notice how your whole torso expanded with your breath. Hold the air in for 2-3 seconds.

Exhale completely, imagining you are pouring water out of the vessel. Empty the air out of your chest first, then your lower ribs, and finally your abdomen. Notice how your body softens.

Repeat.



"Club Quiz "

See how many of these questions you can get right, the answers will be in the next newsletter

Q1.-What year was the club founded?

Q2.- Name two founded members

Q3.- Name Three people on the management committee

Q4.- What date did the club close unexpectedly?

Q5.- What team won Thursday Morning League 2019

Q6. - Who is the management secretary

How are you ?

We would love you to share how you are coping or any of your suggestions on how to cope , may be a poem or book to read. Send it in to be published in the next news letter



Don't forget to stay safe and seek support for any needs you have .

PS if you have received this via post and you have an email please let us know at

oxbowlleague72@yahoo.com