

# Edward's Trust



## Why not Take a Moment?



Edward's Trust



Some ideas to help you relax



# Introduction



At Edward's Trust we offer counselling and well-being therapies and support to help you cope with your grief.

Facing the loss of a loved one is a very individual journey, and the experience of grief often affects the whole person - physically, mentally, emotionally and spiritually.

Well-being support offers a range of ways to help you to relax, and become more aware of how closely our mind, body and emotions are linked.

During the pandemic we may feel isolated, struggle a little bit more than usual and not be able to get the same support and care such as 'real-life' counselling, well-being support or even a hug.

Our hope is that this 'Take a Moment' booklet will support you in your well-being and enable you to take a moment and get through this difficult time.

# How to use this booklet

This booklet is divided into six themes. Each theme contains an activity idea and a quote or top tip.

**Take a Breath**

**Take a Sip**

**Take a Walk  
- Get Active**

**Take your Time**

**Take a Bite**

**Take a Rest**



**Take a Breath**



## BREATHING EXERCISE

We breathe without really thinking about it but breathing more deeply and mindfully helps take more oxygen into our lungs and enables us to 'be in the moment'.

This calming breathing technique is good for stress, anxiety and panic. It takes just a few minutes and can be done anywhere. Try and do it regularly.

- Sit in a relaxed position and make yourself as comfortable as you can.
- Place your hands on your lap, palms up.
- With your legs hip width apart, put your feet flat on the floor.

# #1. Take a Breath

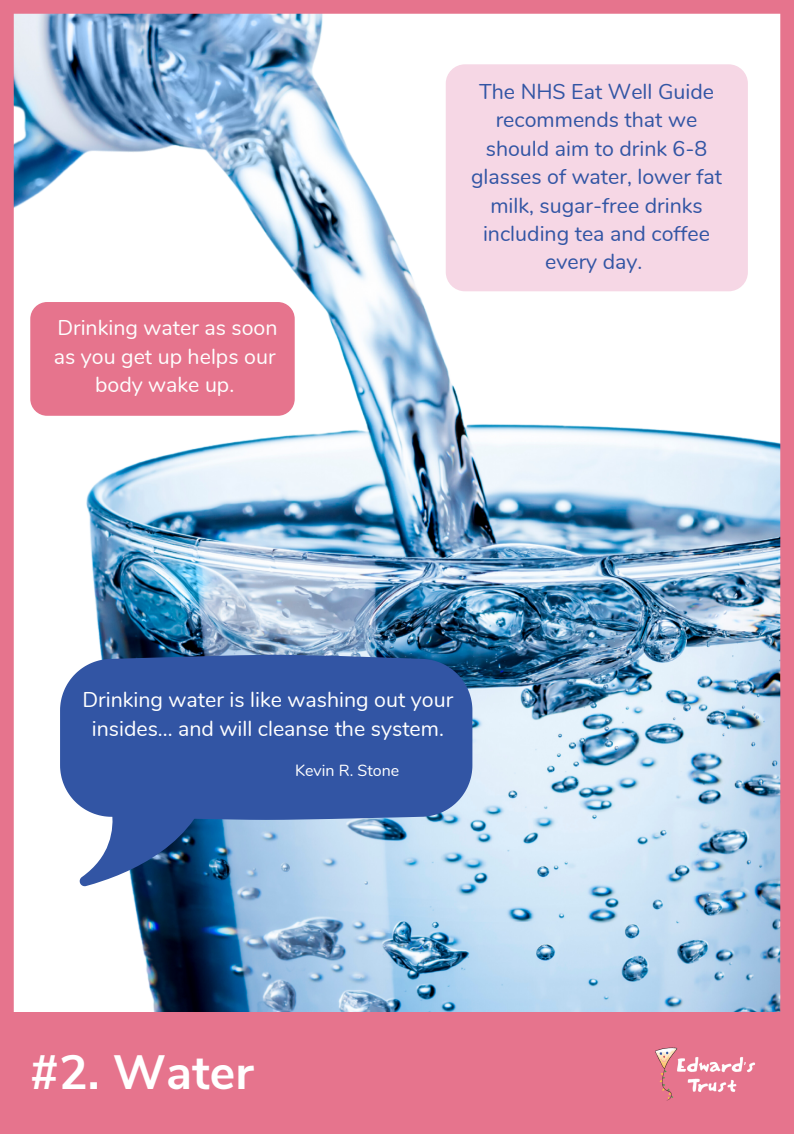
# Breathe In

Breathe in slowly through your nose. Be aware of your lungs filling with oxygen and then the oxygen flowing round your body.

# Breathe Out

Imagine you're blowing a dandelion clock slowly. Feel the natural sense of release on the out-breath.

**Take a Sip**




The NHS Eat Well Guide recommends that we should aim to drink 6-8 glasses of water, lower fat milk, sugar-free drinks including tea and coffee every day.

Drinking water as soon as you get up helps our body wake up.

Drinking water is like washing out your insides... and will cleanse the system.

Kevin R. Stone

## #2. Water



Why not try drinking  
Herbal tea?

**Health benefits of Herbal tea**

- Reduces anxiety & stress
- Promotes good sleep
- Increases immunity
- Improves digestion

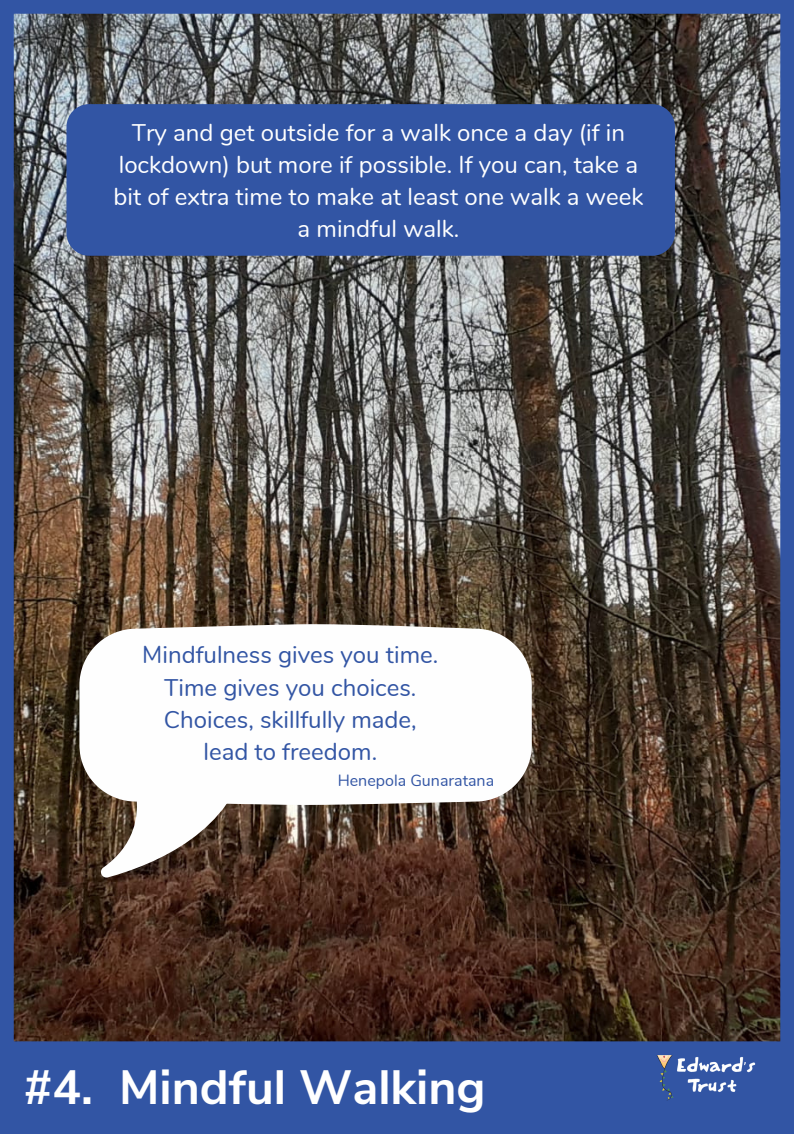
There is something in the nature of  
tea that leads us into a world of  
quiet contemplation.

Lin Yutang

## #3. Herbal Tea

**Take a Walk  
- Get Active**





Try and get outside for a walk once a day (if in lockdown) but more if possible. If you can, take a bit of extra time to make at least one walk a week a mindful walk.

Mindfulness gives you time.  
Time gives you choices.  
Choices, skillfully made,  
lead to freedom.

Henepola Gunaratana

## #4. Mindful Walking



## OBSERVE

Without **trying to change** the way you're walking, simply observe how it feels. Just take a moment to observe it, **to notice it**.

# Mindful Walking Guide

## NOTICE

Notice what you see **going on around you**. It might be people walking past, shop window displays, cars, advertisements. Notice the **colours and shapes**, the movement and perhaps the stillness too.

## FEEL

Notice any **physical sensations or feelings**. Perhaps it's the feeling of warm sunshine, cool rain or a cold breeze. Perhaps it's the **sensation of the soles of the feet touching the ground with each step**.

## LISTEN

Turn your attention to sounds - what can you hear? Without getting caught up in thinking about the objects of sound, just take a moment to be **aware of them**, as though they are just coming and going in your field of awareness.

# #4. Mindful Walking

taken from [headspace.com](https://www.headspace.com)

For adults, the NHS recommends on a weekly basis:

**150 minutes of moderate activity**

(enough to raise your heart rate & breathe a bit faster)

or

**75 minutes of vigorous activity** (high exertion activity causing rapid heart rate and breathing)

### MODERATE ACTIVITY

Brisk walking

Gardening

Mowing the lawn

Dancing

Slow cycling

Swimming

### VIGOROUS ACTIVITY

Running

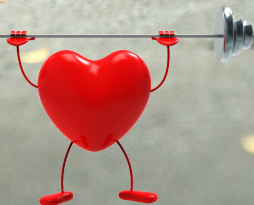
Aerobics

Cycling

Walking uphill at pace

Get your heart  
pumping for  
health & wellbeing

Try the FitOn App  
for free short  
workouts



## #5. Get Active

**Take your Time**

## MINDFUL MANDALAS

A mandala is a geometric configuration of symbols. Some people find the drawing and colouring of a mandala helpful as a form of meditation. As they focus on colouring in the patterns, they slow down, relax and their mind grows quiet.

Colouring a mandala may help you to 'be in the moment'.

Useful Apps with some free resources:

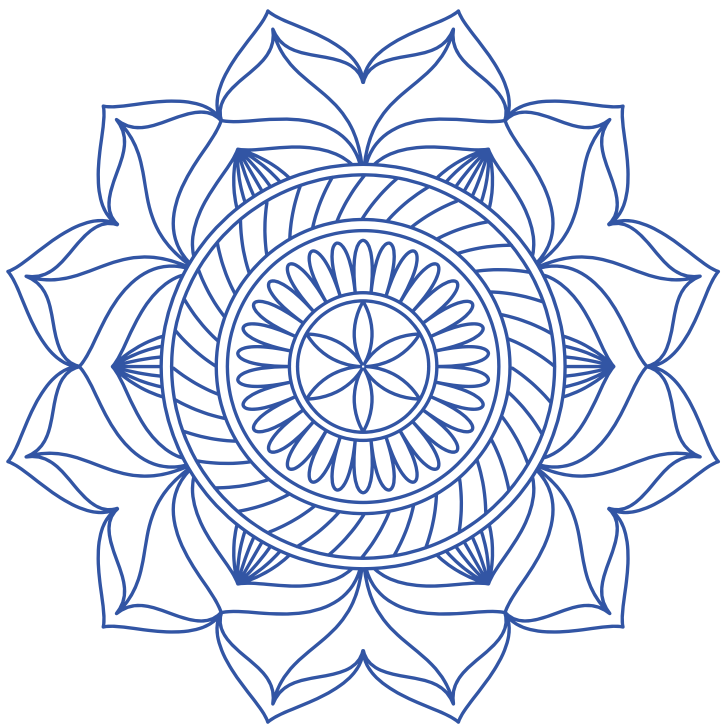
Headspace

Calm

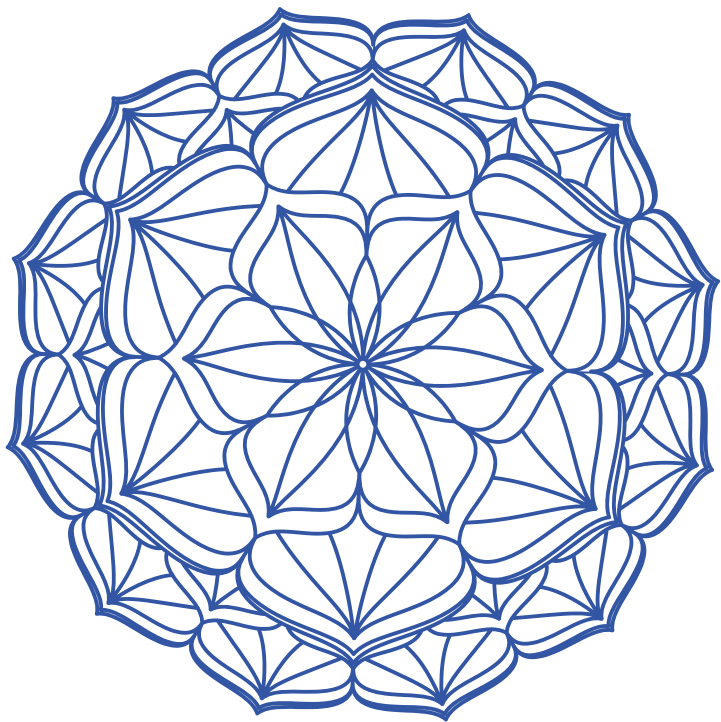
Balance

Present Mind-Mindfulness

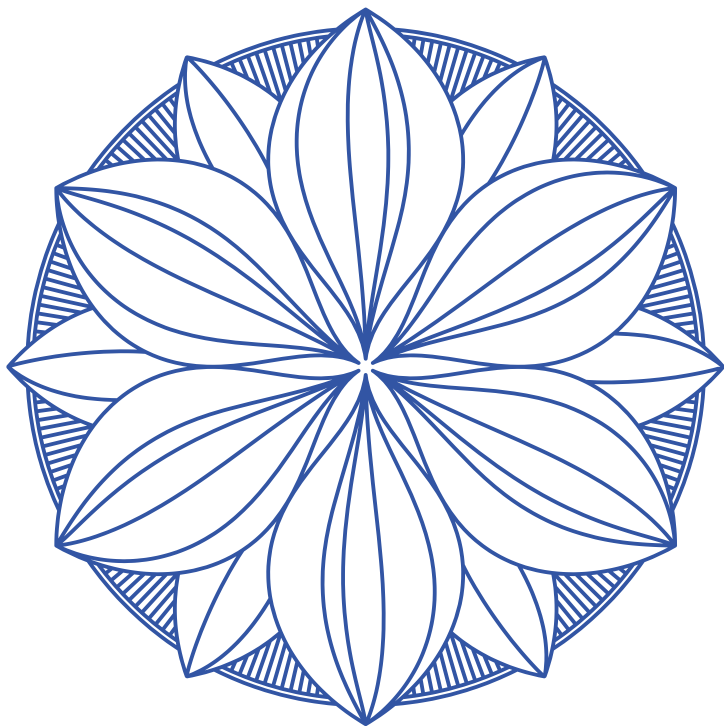
Mindful Mamas

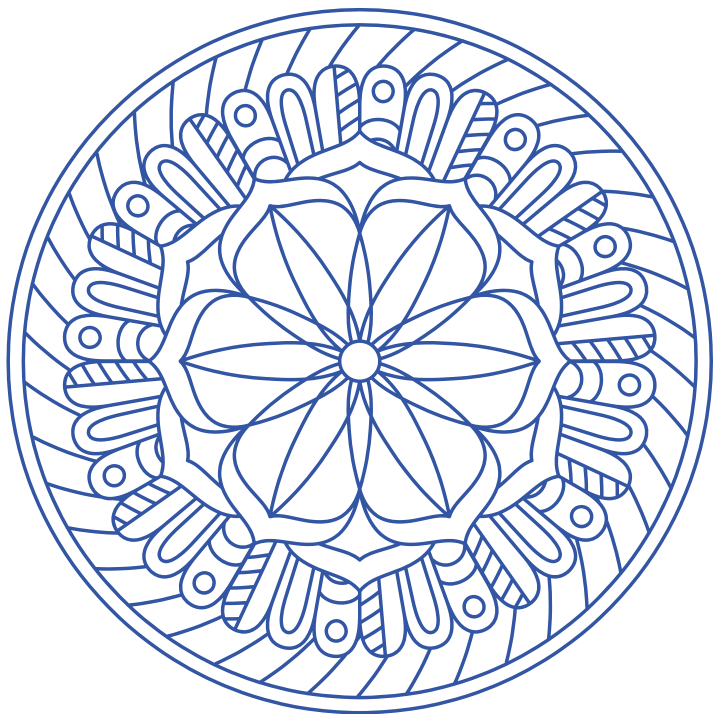


# Miniature Mandala 1



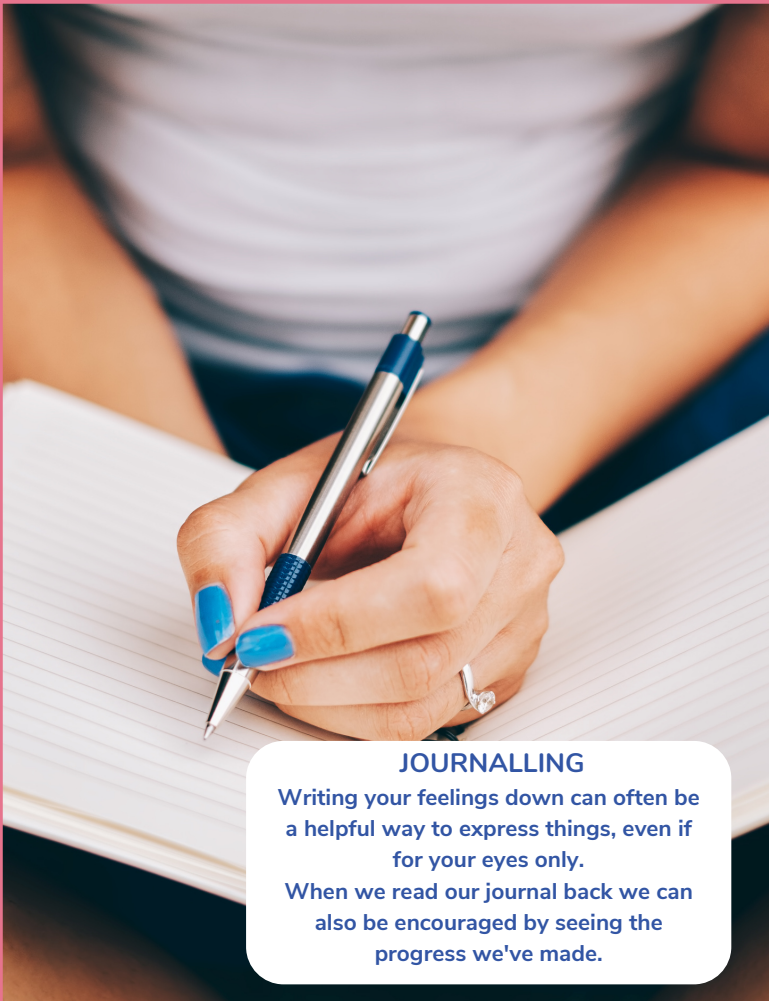
## Miniature Mandala 2





## Miniature Mandala 4





## JOURNALLING

Writing your feelings down can often be a helpful way to express things, even if for your eyes only.

When we read our journal back we can also be encouraged by seeing the progress we've made.

**Take a Bite**



## TAKE A BITE

Eating healthily can help support our well-being. The following EatWell Guide is a good balance to what kind of food we should be eating or eating less of. You might also like to try slowing down eating and giving it your full focus, savouring every mouthful.

To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness and maintain an interest in life.

William London

# #8. A healthy balanced diet

# #8. A healthy balanced diet

Check the label on packaged foods

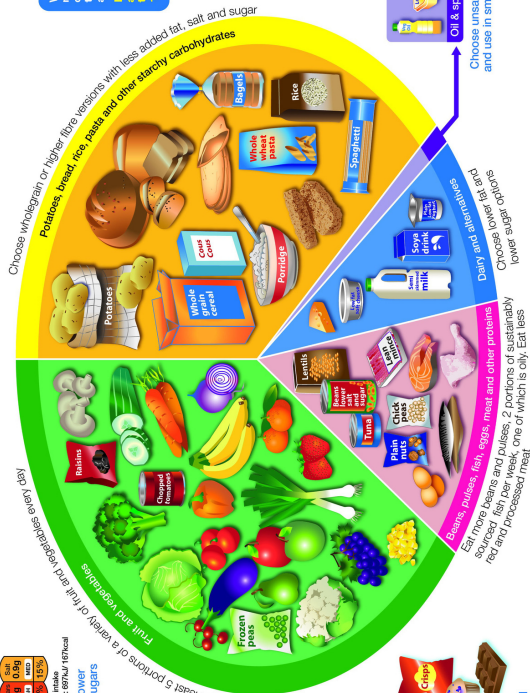
Each serving contains				
Energy	Fat	Saturated fat	Sodium	Salt
2500kJ	5g	1.3g	34g	0.8g
600kcal	10%	25%	70%	15%
12.5%	7%	6.3%	8%	15%

Typical values per solid per 100g: 2500kJ / 600kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

**Take a Rest**

## RELAX BEFORE BED

Relaxing before we try to sleep will help us drift off more easily. Why not try a warm bath or shower with a scented soap. Using a soap made with essential oils is even better.

### Essential Oils

Essential oils used in aromatherapy are typically extracted from various parts of plants and then distilled.

When inhaled, the scent molecules in essential oils travel from the olfactory nerves directly to the brain and especially impact the amygdala, the emotional centre of the brain.

They are known to have therapeutic properties for calming, relieving stress and anxiety, relaxing and improving sleep.

### Lavender is particularly good for relaxing

Lavender oil has all kinds of benefits. This subtly floral scent can help people to relax and sleep.

**For bereavement support from Edward's Trust contact:**  
**admin@edwardstrust.org.uk (0121) 454 1705**

**But if you need emergency support for bereavement or mental health, contact:**

**Cruse Bereavement Care:**  
**(Birmingham and Solihull):**  
**0121 687 8010**

(Mon, Weds, Fri 9am-5pm, Tues, Thurs 9am-8pm, Sat, Sun 12pm-5pm)

**Online Grief Chat**  
**www.griefchat.co.uk 9am-9pm**

**Samaritans: 116 123 (24/7)**  
**CALM 0800 585858 (5pm-12am)**  
**Birmingham Mind 0121 2623555 (24/7)**  
**For young people:**  
**Young Minds Text: YM to 85258 (24/7)**



We hope you have enjoyed using your 'Take a Moment' booklet  
and found it helpful for your well-being.

We'd love to hear how you got on.



**Edward's Trust**

Thanks to 'Global's Make Some Noise' for funding  
Take a Moment from Edward's Trust

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