

Post COVID-19

Patient Information Book



Annex A - Additional Resources

Any queries please contact: DMRC-COVIDRehabGroupMailbox@mod.gov.uk

Preface

This booklet is intended to assist patients in their recovery from COVID-19 through education, explanation and signposting. It has been compiled by the senior clinical team at DMRC Stanford Hall and will be reviewed and updated as our experience in treating recovering patients increases. Please contact us at the group mailbox if you wish to check you have the latest version or wish to provide feedback to help make it better.

I am very grateful for the hard work of all those who contributed to the final document.



Col Rhodri D Phillip OBE
Clinical Director DMRC Stanford Hall
11th May 2020

Contents

Sleep	
Sleep signposting information.....	3
Mental Health & Wellbeing	
Advice and support for your mental health & wellbeing during COVID-19.....	4
Mental health & wellbeing signposting information.....	6
Pacing	
ACE Activity.....	9

Sleep Signposting Information

Apps



CBTi Coach

CBTi Coach is a free app for people who are experiencing sleep difficulties.

Features include:

- Education about how sleep works
- Tips to help develop positive sleep routines and improve sleep environments
- Sleep diary to track wake and sleep times
- Tools to help relax while getting ready for sleep or when trying to go back to sleep.

Developed by American Veterans association. Based on Cognitive Behavioural Therapy for Insomnia.(CBTi)



Sleepio

Sleepio is an online sleep improvement programme recommended by the NHS. The programme is based on CBT for insomnia. It can be used to learn cognitive techniques to help tackle the racing mind and behavioural strategies to help reset sleeping patterns without relying on medication. Free to RAF personnel.



Calm

7-day free trial and then £28.99 per year

- Guided meditations to help with anxiety, stress and sleep difficulties.
- Audio books to promote sleep.
- Music for relaxation and meditation.



Pzizz

The Pzizz app helps you calm your mind, fall asleep fast, stay asleep, and wake up refreshed. It uses "dreamscapes" - a mix of music, voiceovers and sound effects designed to help you sleep better at night.

Books

'Why We Sleep', Matthew Walker

'Sleep - 50 Mindfulness and relaxation exercises for a restful night', Dr Arlene K Unger

Podcasts

Why sleep is the most important pillar of health: Feel better, live more:

<https://castbox.fm/x/zywu>

'How to Improve Your Sleep', Matthew Walker:

https://youtube/IRp5AC9W_F8

Websites

Sleep Council: <https://sleepcouncil.org.uk/>

Website offering easily accessible advice and resources to support people with improving their sleep and develop good sleep hygiene principles and routine.

The National Sleep Foundation: www.sleepfoundation.org

Specific information on sleep solutions and certain sleep disorders such as Restless Leg Syndrome.

NHS Livewell – Easy to read guidance on improving your sleep.

www.nhs.uk/live-well/sleep-and-tiredness/

Advice and support for your mental health and wellbeing during COVID-19

This is a challenging time, and there is considerable amount of advice available on how to manage your mental health during this pandemic.

Check out the Mental Health Foundation's advice and practical tips:

[Looking after your mental health during COVID-19 outbreak](#)



Self-help can be a good starting point in getting your mental health back online.

Online Self-help

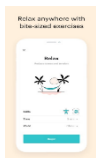
[Self Help Resources for Mental Health Problems](#)

[Self help therapies](#)

<https://www.getselfhelp.co.uk/>

<https://www.getselfhelp.co.uk/step1.htm> - Step 1 CBT for anxiety and depression.

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. When we practice **mindfulness**, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.



The MOD have an 8-week free course available online, via the Defence Gateway

[Link](#)



Balance Meditation is a free app on the Apple Store for Mindfulness.

This is a personalised meditation app which aims to improve sleep and wellbeing.

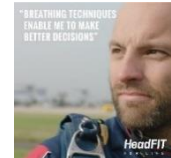


RAF personnel can access the Headspace app for free [here](#)

There is an app for everything these days! There are plenty of good apps available to support your wellbeing. <https://www.nhs.uk/apps-library/category/mental-health/>

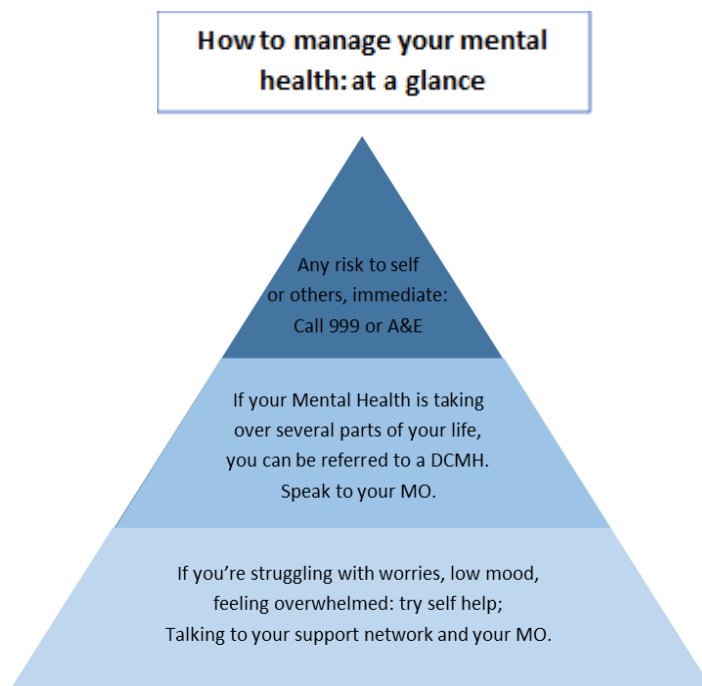
If you are isolating at home, NHS advice – Link [HERE](#)

HeadFIT - April saw “the launch of a new platform with online tools to help Defence personnel take a more proactive approach to supporting their mental health and mental fitness. HeadFIT is designed specifically for the Defence community, it provides 24/7 access to self-help tools that can enhance your mood, drive and confidence, and help manage the stresses of everyday life”. Link [HERE](#)



**If you need to talk to someone confidentially:
NHS Helplines – Link [HERE](#)**

Speak to your MO if you are finding that you are struggling with your mood and mental health.



Military Charities

Charities are still operating to provide advice and practical support

Help for Heroes (Hidden Wounds) Weekly psychological wellbeing practitioner sessions for low mood, anxiety and anger (waiting times not affected by COVID-19)

Tel: 0808 2020144

www.helpforheroes.org.uk/hidden-wounds

The Royal British Legion

Welfare support including financial advice, employment, housing and reprieve breaks.

Tel: 0808 802 8080 (8am – 8pm everyday)

www.brisithlegion.org.uk

SSAFA

For emotional, practical support and mentoring

Contact Forcesline

Tel: 0800 7314880

Casework is continuing remotely at this time

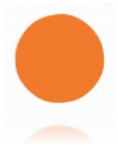
Mental Health & Wellbeing Signposting Information

Apps



Calm

This provides guided meditations, aids to help sleep and relaxing music. It is a mixture of free and paid-for content, but a few of the features can be accessed without having to pay.



Headspace

Meditation app that has a range of different meditations and allows 10 practices before you must pay. Access can be gained for free for some members of the services – would need to check with their welfare about accessing it.



Relax Melodies

This app has several relaxing sounds that you can use to aid with relaxation or with helping to sleep. This has both free and paid for features – you can listen to a number of the melodies for free.



Mindfulness Coach

Created by US Department of Veterans Affairs, this app provides information on mindfulness, provides training on how to get started and has a number of different practices to try.



SAM

Sam is a self-help app created by University of the West of England, Bristol to help you understand and manage anxiety.



Balance Meditation

This app is a meditation app that personalises meditation to the individual based on daily updates and interest.

Further NHS apps to support your mental health:
<https://www.nhs.uk/apps-library/category/mental-health/>

Websites

Get Self Help

<https://www.getselfhelp.co.uk/>

Provides information on CBT, CBT self-help worksheets and information on different conditions.

Centre for Clinical Interventions

<https://www.cci.health.wa.gov.au/>

Australian based clinical psychology service that has developed a number of evidence-based online self-help resources for patients.

Mind

<https://www.mind.org.uk/>

Provide advice and support for a range of mental health conditions – useful to look at 5 ways to wellbeing.

NHS

www.nhs.uk/oneyou/every-mind-matters/

NHS site dedicated to providing advice and self-help tips to aid managing mood.

Mental Health Foundation

<https://www.mentalhealth.org.uk/>

Provides information on managing and supporting mental health – provides a range of resources including managing stress.

Wellbeing Glasgow

<http://wellbeing-glasgow.org.uk>

NHS Glasgow – provides some useful resources and self-help guides for managing mood and mental health symptoms.

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

<https://www.cntw.nhs.uk>

NHS website which provides a number of self-help booklets, resources and support for mental health and wellbeing.

HeadFIT for Life

<https://www.headfit.org>

Resources designed to help defence people stay mentally fit.

Compassionate Mind Foundation

<https://www.compassionatemind.co.uk/>

Big White Wall

<https://www.bigwhitewall.com/>

Five Ways to Wellbeing

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

Books

'The Chimp Paradox' – Professor Steve Peters

'Rewire Your Anxious Brain' – Pittman & Karle

'The Happiness Trap' – Russ Harris

'Mindfulness in Motion' – Dr Tamara Russell

'Feel Better in 5', 'The Stress Solution', 'The 4 Pillar Plan', - Dr Rangan Chatterjee

'Mindfulness: A Practical Guide to Finding Peace in a Frantic World' – Mark Williams

Videos

'How to Relax: 8 Simple Tips for Relaxation'

<https://www.youtube.com/watch?v=cyEdZ23Cp1E>

This gives 8 simple ways to help patients relax- includes simple breathing techniques.

'Face COVID 19' Russ Harris

<https://www.youtube.com/watch?v=BmvNCdpHUyM>

This gives simple ways to help people manage at this time.

Dr Russ Harris is a leading author of a number of self-help books and authority on ACT. He trains mental health professionals all over the world.

'All It Takes Is Ten Mindful Minutes' TED talk by Andy Puddicombe

<https://www.youtube.com/watch?v=qzR62JJCMBQ>

Andy is the founder of Headspace app and leading teacher in mindfulness.

'The Science Behind Mindfulness Meditation' UpRising UK

<https://www.youtube.com/watch?v=VTA0j8FfCvs&feature=youtu.be>

A short clip explaining the science behind mindfulness meditation.

ACE Activity

Aim for a healthy life balance: Achieve, Connect, Enjoy

Our mood can be greatly affected by what we do, when, and with whom. In order to maintain a healthy sense of wellbeing, we need to balance what we do. We can use the acronym ACE to help us remember:

- **ACHIEVE** - work, chores, study
- **CONNECT** - with friends, family, community
- **ENJOY** – play, fun, pleasure



When we feel stressed, we often spend more time doing things that help us achieve, but less of enjoyment and connecting with others. When we feel depressed, we withdraw and isolate ourselves and do much less, and when we feel anxious, we tend to avoid places or people where we feel anxious.

Make time for yourself each day - relaxation, fun, enjoyment. Create a healthy balance - allow time for activities which give you a sense of achievement, those that give a sense of connecting with and of being close to others, and of a sense of enjoyment.

These activities affect our brain chemistry by acting directly on the release of neurotransmitters and are our natural anti-stress and anti-depressants.

- Achievement stimulates dopamine
- Purposeful activity stimulates serotonin
- Connecting with other people stimulates oxytocin
- Exercise stimulates endorphins

Therefore, making sure we keep doing these ACE activities every day, will help us overcome our problems.

- Keep an **ACE Log** to help you keep track (www.get.gg/docs/ACELog.pdf)
- Or use the **weekly planner** (www.get.gg/docs/WeeklyPlanner.pdf)

The **BACE** acronym includes looking after your body:

- **BODY CARE** - exercise, healthy eating and drinking, rest
- **ACHIEVE** - work, chores and study
- **CONNECT WITH OTHERS** - friends, family and community
- **ENJOY** - play, fun, pleasure

Use these BACE log sheets and diaries to keep you on track:

- **BACE Weekly Diary - am, pm, eve** (www.get.gg/docs/BACEdiary-weekly-splitcells.pdf)
- **BACE Weekly Diary** (www.get.gg/docs/BACEdiary-weekly.pdf)
- **BACE Daily Diary** (www.get.gg/docs/BACEdiary.pdf)

www.get.gg © Carol Vivyan 2015. Permission to use for therapy purposes. **www.getselfhelp.co.uk**