

LIVING TOGETHER: WELL



Surviving this situation asks that we shift our mindset. Not always so easy when we might be feeling fear. Know that it's okay to feel afraid; it's not okay to behave in a scary way. For ourselves, or those around us.

Right now, we hope these pages offer helpful ways for you to help yourselves through this choppy time for us all. Go Gently. Remembering the Irish way – to hold onto our unique sense of humour and optimism and please, also remember this, as your support within our resilient OCF community... We Are By Your Side, safe-distancing (😊).

SOMETIMES | SIMPLE IS BEST | KEEP IT SIMPLE

MY GENERAL WELLBEING:

Prioritise my self care routine; good and healthy food, avoid alcohol. Why not try some of these specially compiled recipes to help you enjoy eating well, again.

<https://www.breakthroughcancerresearch.ie/contentfiles/ebooks/eating-well/mobile/index.html#p=1>

MINDFULLY MANAGING ME:

Take moments (lots of them) to come home to myself

BREATHE: *INHALE* to the count of 5 | *EXHALE* to the count of 5. **Repeat. Repeat. Repeat.**

Filter my intake of news media. Inform vs indulge. Trust myself to acknowledge what's helpful and what's not, knowing I've a choice to 'switch off' and protect my mental health.

Minimise conversations that aren't helpful for me, right now.

Check in with people who make me feel comfortable, and at ease.

Sound sleep: Make 8 hours my priority; it's vital for my mental and physical health (good quality sleep is my immune systems' friend).

Get creative about how I use my time: recharge myself with activities that help me relax (move my body, gentle yoga or dance, take deep breaths, listen to my favourite music tracks), watch an old and loved movie, take an online at-home workout if I can, stroll in my garden, play a funny video clip that makes me laugh, really laugh. Read my favourite book, again.

REMIND MYSELF OF THE GOOD:

Make a list of all that I'm thankful for (Optimism is proven to come out on top when coping with adversity).

Become an innovator of small and simple change through kindness - firstly towards myself and my own self care, and those with whom I may be sharing my space.

Keep it in perspective. This is one chapter, not the book. The more we we're in this together (from a safe distance) the more we can be together, by each-others side, in time.

"In between stimulus and response there is a space. In that space lies our power to choose our response. In our response lies our growth and our freedom."

Viktor E. Frankl, Holocaust Survivor

NUGGET 'O WISDOM #1

DTW: Do Today Well

NUGGET 'O WISDOM #2

This too shall pass.

NUGGET 'O WISDOM #3

**Let's Keep Calm and Carry On.
Consciously. Collectively.**



WISE OWL RESOURCE:

Bring softness to edges of discomfort:

<https://www.tarabrach.com/meditation-9-magic-breaths/>

Meditations to Help Ground You During Difficult Times.

Copy this link into your web browser and enjoy this simple meditation of 9 magic breaths. A reassuringly helpful anchor in these times.



As many of you know, in challenging times:

“It’s not just about positive thinking. It’s not about denying your situation or how you feel inside. It’s about developing the resources within you to deal with the really, really hard things...”

“Be On Your Own Side”



“During these uncertainties, we simply want to reassure you that we continue to be here for you, our valued and close community, we also look forward to the time when we can reunite and continue to be by your side, helping you live well, after diagnosis”. Team OCF
Visit: [ocf.ie](https://www.ocf.ie) to support yourself.

