



January is the month when people resolve to get fit. Despite all good intentions by the end of the month that enthusiasm often fades. It is harder to keep a routine as we get older. In Hastings there can be no excuses, we have the fabulous beach, great parks to walk in, at every turn with views of nature and open skies if it's cold and bright the colours are marvellous. Walking is a great way to exercise regularly, you can get surprisingly fit just by walking. Its low impact cardio making it perfect for those with wear and tear in their joints. Don't Make it your goal to get fit make it your goal to exercise regularly and manage your well being in that way.

As it can be a difficult time of the year and it is good to think about how you can still manage your recovery using the some of the tools that you are familiar with:-

#### **Use your WRAP (Wellness Recovery Action Tools)**

##### **Daily Plan**

*This is a description of you when you are well and a list of the essential wellness tools that you need to do every day to generate wellness, and a list of things you might consider doing that day to maintain wellness.*

##### **Stressors & Action Planning**

*Also known as triggers, these are events, circumstances or situations that might cause uncomfortable feelings or behaviours. Action Planning enables you to plan for what to do when you experience a stressor or a trigger.*

##### **Early Warning Signs & Action Planning**

*These are signs that may indicate that your situation is beginning to worsen. Action Planning enables you to prepare a plan for when you notice these early warning signs.*

##### **When Things Are Breaking Down**

*This part of WRAP is used when you are still comfortable taking action on your own behalf without support and includes a plan for what to do when these signs occur.*

##### **Crisis Plan/Advance Directive**

*This part of the plan helps you to identify signs that indicate you may need to ask for additional support in making decisions or keeping yourself safe. You can use the crisis plan with supporters and healthcare providers, if you choose.*

##### **Post Crisis Plan**

*This includes questions to help guide you through the challenging time when you are healing from a crisis and helps you to return to using your daily plan.  
(from coastal wellbeing website).*

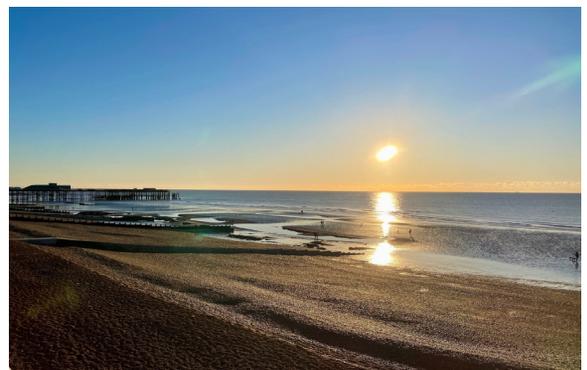
*Things that help you manage your Well-Being and help set new intentions*

***Think about going on a beach, park walk, engaging with nature and your environment.***

***Taking time for yourself and hanging on to those glimmers e.g. A beautiful sunrise, sunset, a sunny day the first snow drops or daffodils, lighter evenings and longer days.***

***Remember to take small steps.***

***Look ahead not backwards, Be mindful pay attention to the present moment.***



## ESRA is offering several new courses to support wellbeing in January



### Creative Journaling

This course will enable you to manage your wellbeing through recording in a journal in a creative way. Activities and themes may include: a wellbeing tracker, positive thinking ideas, using colour theory, brush lettering, gratitude tracker and colouring. A variety of materials will be used to bring out your creativity in your own personal journal.

### Origami

This is the art of folding paper into shapes and designs. For centuries this has been used as a meditative practice, engaging, and improving skills of patience, hand-eye coordination, and concentration. This is a fun and productive way to give your mind a break, improving overall mental wellbeing and reducing stress.



### Yoga

Yoga brings the body and mind together and is built on three main elements – movement, breathing and meditation. Yoga has many physical and mental health benefits including improved posture, flexibility, strength, balance and body awareness. Come and join us on Friday mornings 10-11am, contact Stacy to book your place. [Stacy@esrauk.org](mailto:Stacy@esrauk.org)



### Hand Massage

Hand massage can help relax the body both physically and mentally. It encourages relaxation by relieving tension and increasing the relaxation hormones called serotonin and dopamine. Blood flow is improved during a hand massage. Contact Stacy to book your hand massage at ESRA. [Stacy@esrauk.org](mailto:Stacy@esrauk.org)



All these courses are **free**, but as you may be aware ESRA has limited funding for these activities so if clients do not attend or take up is low, we may not be able to continue to provide these services.

**ESRA** is encouraging people in Hastings to consider taking part in Dry January® to get amazing benefits like a better night's sleep, more energy, a calmer mind, and a fuller wallet, as well as finding ways to be more healthy year-round.

Around 1 in 5 adults (about 10 million people) in England regularly drink at levels that significantly increase their risk of harm, at more than 14 units per week (that's about six pints of normal strength beer or lager, or a bottle and a half of wine, per week). So, for many of us, January can provide a perfect opportunity for a reset.

Research shows that those who take part in Dry January® by downloading Alcohol Change UK's free app, Try Dry®, or by signing up for its coaching emails are twice as likely to have a completely alcohol-free month, compared to those who try to avoid alcohol in January on their own, and have significantly improved wellbeing and healthier drinking six months later.

Taking a break from drinking has been proven to do you good on the inside too, with research showing that a month off alcohol leads to lower blood pressure, cholesterol and diabetes risk, as well as lower cancer-related proteins in the blood.

As well as bringing lots of health benefits, Dry January® teaches you some brilliant new skills for relaxing and having fun without alcohol which you can carry through to February and beyond – whether that's going out, being with friends, or coming home from work on a Friday night.

**Download the free app, Try Dry®, to take part in Dry January® and enjoy all the benefits that brings.**



**If you would like to help ESRA to continue to offer a range of activities to support our clients just scan the QR code.**

Please follow us on Facebook: <https://www.facebook.com/esrarecovery/>  
or on Instagram <https://www.instagram.com/esra54642/>



## Client Story:

My drug habit had started to get out of hand and I was using daily. I had been hiding the problem but it was now affecting my life and relationships. This was just before the Covid lock downs started. I suffer with epilepsy and wasn't going out by myself in case I had a seizure so felt quite isolated already. Covid increased my isolation, which led to further drug use.

I had heard about ESRA and asked them for help. My support worker suggested STAR as a starting point but I'd already stopped using for 6 weeks by myself at that point so didn't attend STAR but joined the SMART group at ESRA instead. Both the staff and the people in the group really helped me feel connected and on the same level as others going through similar problems. We shared our experiences of addiction and supported each other, working through the SMART tools and learning ways to cope with addiction. Seeing others on their journey and making changes to their lives encouraged me. I'm a very determined person and even having brain surgery for my epilepsy during this time wasn't going to get in the way of my addiction recovery.

I started volunteering with the Samaritans during this time as I needed a focus and I also wanted to help others. I've recently started my own cleaning business whilst studying for my Maths and English GCSE's at East Sussex College. I plan to take the Access to Nursing course in September to give me enough UCAS points to do a Nursing degree the following year as would really like to become a mental health nurse and work with young people in the future. N.A

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