



ST VINCENT'S
HEALTH AUSTRALIA

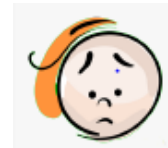
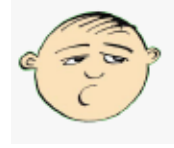
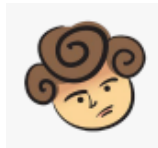
MANAGING YOUR WELLBEING IN HOSPITAL

Consultation Liaison Psychiatry
2020

Produced by Tamara Kacen (Clinical Psychologist), Dr Jodie Landstra (Clinical Psychologist), and Professor Kay Wilhelm (Consultant Psychiatrist)

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES

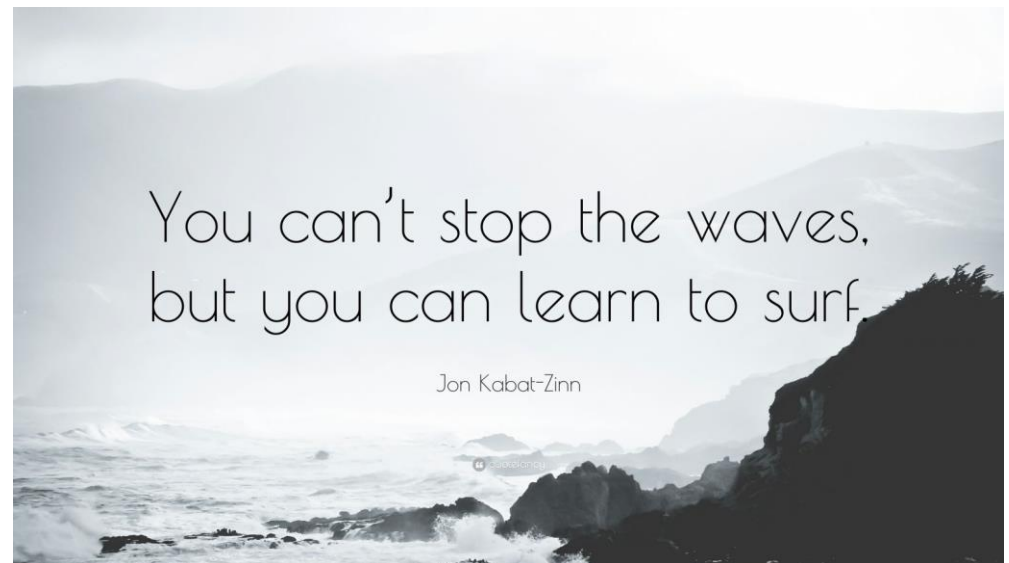
**If you feel worry, uncertainty, sadness, frustration,
loneliness, pain or guilt, you are not alone.
These are common feelings associated with being a
hospital patient.**



**Please look at the strategies on the following pages
and practice what you think will work for you.**

How this booklet can help you

- **The challenges of being unwell in hospital can be thought of as waves in the ocean.**
- **You can't stop the waves in the ocean completely. Surfing allows you to ride the waves as they come.**
- **Instead of letting the waves push you around, try to learn to surf them.**
- **Use the strategies in this booklet to help you 'learn to surf'.**





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Strategies for understanding the hospital system

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What's your role as the patient?

- **Ask questions to obtain more information. Don't be afraid to ask for this to be in simpler terms or as a diagram.**
- **Keep a list between Doctor's reviews so you don't forget things.**
- **Follow treatment advice and ask if you don't understand the purpose of that advice.**
- **Stay in touch with loved ones outside of the hospital.**
- **Focus on things within your control whilst in hospital and delegate where possible, the things you can't control.**
- **Set daily tasks to maintain your physical, emotional, social and spiritual health.**



Who is on your care team?

| | Name | How can I contact/ When can I expect to see? |
|-------------------------|------|---|
| Consultant | | |
| Registrar | | |
| JRMO/Intern | | |
| Nurse in charge | | |
| Nurse looking after you | | |
| Physiotherapist | | |
| | | |
| | | |
| | | |



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Strategies for keeping a sense of control

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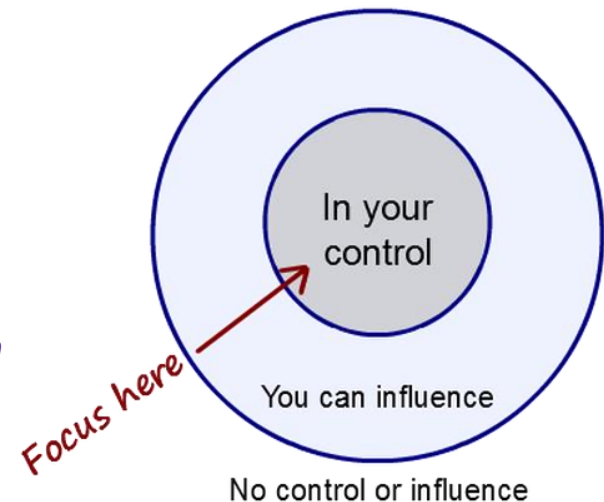
Keep some routine

- **Your own routines and rituals are really important at this time when many parts of your life are disrupted.**
- **Finding things that are your ‘rocks’, that you can rely on, in each day, will help you have a sense of control.**
- **Some examples might be:**
 - Maintaining daily personal hygiene
 - Having regular meals
 - Maintaining regular sleep patterns where possible
 - Planning and engaging in a daily regular activity e.g. watching same TV show, participating in an activity such as drawing, 5 minutes of meditation, talking to a co-patient, noticing something around you
 - Reaching out to a friend outside the hospital each day



Focus on what's in your control

- **Medical illness can affect us physically, emotionally, economically, socially and psychologically.**
- **Fear and anxiety are inevitable when we face a challenge of any sort; they are normal, natural responses to challenging situations.**
- **One of the most useful things you can do in any type of challenge is to *focus on what's in your control. Your behaviour.***
- **Because *what you do* - here and now - can make a huge difference to yourself and your health.**





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Strategies for keeping busy

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Explore these free online resources

Nature

- San Diego Zoo is offering live camera footage of its animals <https://zoo.sandiegozoo.org/live-cams>
- Cincinnati Zoo & Botanical Gardens offers free 'home Safaris (a virtual tour led by a zoo keeper, with a different animal featured each day). Search for the Cincinnati Zoo & Botanical Gardens facebook page.
- Virtual fieldtrips of polar bears <https://www.discoveryeducation.com/learn/tundra-connections/>
- Georgia Aquarium is offering free virtual tours of under the sea <https://www.narcity.com/things-to-do/us/ga/atlanta/georgia-aquarium-has-live-cameras-that-let-you-explore-from-home>
- FarmFood 360 offers virtual tours of farms including pigs, cows, apples and eggs <https://www.farmfood360.ca/>

Entertainment and hobbies

- The Tonight Show: At Home Jimmy Fallon releases daily, mini-episodes <https://www.youtube.com/playlist?list=PLYkzf464sU98lwxyHhBqngqx-r0xtOMLjt>
- Audible is offering 6 months free access to their entire audiobook library <https://stories.audible.com/start-listen>
- London bakery *Bread Ahead* is offering free baking tutorials (on instagram as breadaheadbakery)
- Michelin star chef Massimo Bottura offers free online cooking classes from home whilst in quarantine. On instagram, search masimobuttura
- Artist, Mo Willems, is offering daily drawing lessons, <https://www.kennedy-center.org/education/mo-willems/>
- Wikihow offers a wide range of activities and hobbies, including things you've never thought of <https://www.wikihow.com/Main-Page>

More free online resources for you to explore



Music

- Sydney Opera House has launched a 'digital season'
<https://www.sydneyoperahouse.com/digital/season.html>
- On Instagram, search #togetherathome for home concerts from singers in COVID isolation including John Legend, Chris Martin, Justin Bieber and others.
- Metropolitan Opera of New York offers a daily opera from their library (free for the duration of time the opera is closed): <https://www.metopera.org>
- Melbourne Symphony Orchestra is streaming concerts that they would have been live if not closed
<https://www.mso.com.au/contact/mso-coronavirus-statement/>
- Berlin Philharmonika is offering 1 month free access to their 'on demand' library
<https://www.berliner-philharmoniker.de/en/titelgeschichten/20192020/digital-concert-hall/>

Culture and Learning

- The Louvre offers virtual art tours <https://www.louvre.fr/eg/visites-en-ligne>
- The British Museum has a virtual tour <https://britishmuseum.withgoogle.com/>
- Learn a foreign language <https://duolingo.com/>
- Access Mars allows you to explore a 3D replica of Mars <http://accessmars.withgoogle.com>
- TED talks <https://www.ted.com/talks> offers over 33,000 talk 'to stir your curiosity'
- Free online history lessons, aimed at all ages of history buffs:
<https://www.bighistoryproject.com/home>

Free online resources with a focus on mental health

- **Headspace is offering some of its fantastic mindfulness meditations for free:**
<https://www.headspace.com/covid-19>
- **Smiling Mind is a free Australian app offering Mindfulness meditation:**
<https://www.smilingmind.com.au/>
- **Find the relevant digital mental health resources for you:** <https://headtohealth.gov.au/>
- **This Way Up is a St Vincent's Hospital initiative offering a range of courses on improving well-being e.g. anxiety, depression, insomnia, panic, stress, chronic pain, and mindfulness. All are free until end of 2020. See next page for details.**



Free online courses for wellbeing



UNSW
SYDNEY



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Start feeling better today.

THIS WAY UP provides industry-leading online courses designed to improve your wellbeing.

We offer courses for:

- >> Anxiety
- >> Social Phobia
- >> PTSD
- >> Stress
- >> Panic
- >> Mindfulness
- >> Depression
- >> OCD
- >> Insomnia
- >> Health Anxiety
- >> Chronic Pain
- >> Perinatal Anxiety and Depression



Convenient

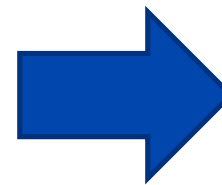
Our courses are available anywhere, anytime



Evidence-based

Developed by world-leading experts in mental health

- ☐ Visit thiswayup.org.au/coronavirus for COVID-19 specific resources
- ☐ Take the **take-a-test** tool
- ☐ Explore the different courses available for **stress management, insomnia, anxiety and depression** at thiswayup.org.au





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Strategies for feeling calmer

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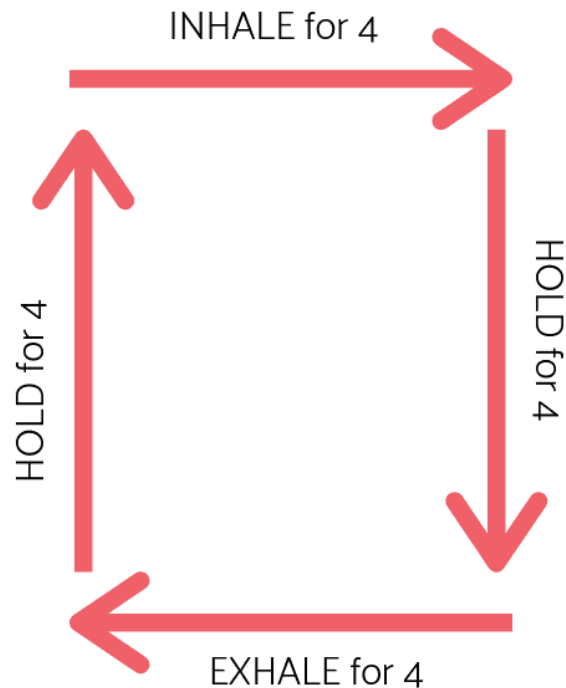
Slow breathing: to calm and focus, especially if you have panic

**Breathe in as if you are smelling a rose;
slow and gentle.**



**Breathe out as if you are blowing a candle;
slow and gentle.**

Box breathing: an alternative technique to calm the mind and body



Breathe in for 4 seconds ..

Hold for 4 seconds..

Breathe out for 4 seconds ..

Hold for 4 seconds ..

Repeat.. Repeat.. Repeat ..

***If 4 seconds is too long, try shorter steps.**

Do tasks mindfully

Try your best to remain connected to the present moment, rather than getting caught up in thoughts about the future and past.

If your mind is starting to wander into scary territory, try focusing on your immediate environment.



Savour a cup of tea or coffee by noticing temperature, taste and sensations



When you drink water, pay attention to the water's temperature, the weight of cup



When you shower, notice the soap's scent and feel while you are lathering, the feel water on your body

Focus your attention on your immediate environment



List all blue objects you can see.

List all round objects you can see.

List all shiny objects you can see.

**Try other colours, shapes and textures.
Look beyond your bay, out the window
too.**

**This can be used any time but is also
useful prior to an injection, treatment or
other procedure**



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Strategies for managing your thoughts

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Be aware of how thought chains can take off



“I have a headache” → “What if I can’t do my physiotherapy today?” → “How will I get better?”
→ “Imagining getting stuck in hospital, never feeling better”

When we worry it can feel like a chain of thoughts and images, which can progress in increasingly catastrophic and unlikely directions.

The next page gives some options for managing your thoughts.

From ‘Living with worry and anxiety amidst global uncertainty’ by PSYCHOLOGYTOOLS

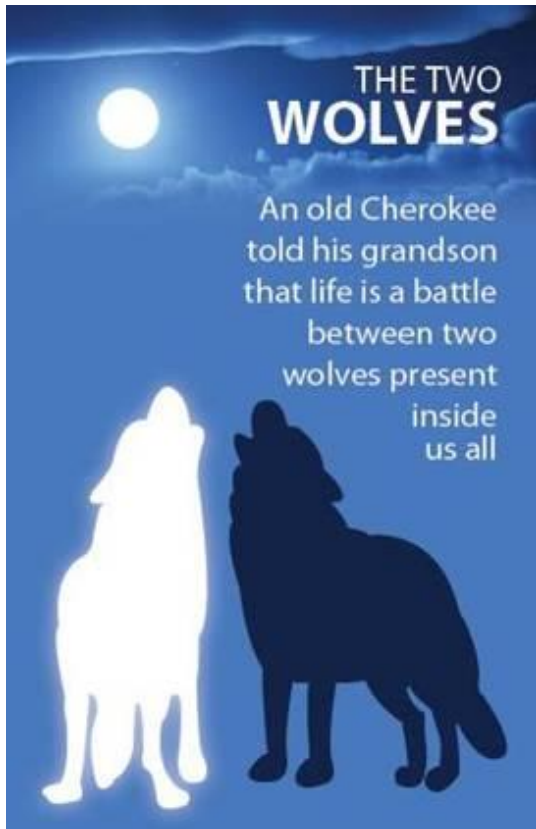
Manage your thoughts to enable better coping

1. Is what I'm telling myself fact or fiction?
Would my thinking hold up in a court of law?
2. Is there any alternative perspective to consider?
3. What would I recommend to a friend who was in this situation and telling me these thoughts? (Often we have a harsher standard for ourselves!)
4. Is thinking “_____” helping or hindering me?
5. Am I recognising the progress I am making in my recovery?
6. Choose a mantra (or statement) that will help focus my mind on what is in my control or how I am progressing: *“I am getting better,” “I am in good care”, “I need to be patient”, “I can do this”*



Be aware that it's normal to need to use these skills many times per day!

Connect with your Inner Strength



THE TWO WOLVES

The evil wolf embodies envy, greed and self-pity

The good wolf embodies love, hope, and faith

The grandson asked:
Which wolf wins?

The old man simply replied:
The one you feed

CONSIDER which wolf you are feeding now

1-5 MINUTES

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This popular story reminds us to connect with the nourishing, coping side of ourselves rather than ‘feed’ the negative side.

If you find yourself dwelling on negative thoughts, you can say to yourself “feed the other wolf”



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Summary of strategies

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES

Putting it all together

1. Strategies for understanding the hospital system

- Understand your role as a hospital patient
- Understand who makes up your care team

2. Strategies for keeping a sense of control

- Keep some routine
- Focus on what is in your control

3. Strategies for keeping busy

- Explore free online resources

4. Strategies for feeling calmer

- Slow gentle breathing
- Box breathing
- Do tasks mindfully
- Focus your attention on your immediate environment

5. Strategies for managing your thoughts

- Be aware of how thoughts can take off in a chain
- Question your negative thoughts and use mantras to cope better
- Connect with more positive thoughts

Options for more support

Use and practice the different strategies that you think will work for you.

Extra supports are available if you need them.

Talk to your nurse or medical team as they can advise you of other options like:

- Social work
- Pastoral care
- Referral to Consultation Liaison Psychiatry

