

The Self-Care



Confidence  
Programme

# A GIFT FOR YOU

This gift is to help you  
on your path to become  
self-care confident.  
We hope you enjoy it.

**SPORT**  
FOR CONFIDENCE

  
Essex County Council

  
**STAY  
CONNECTED**  
KEEP GOING KEEP GROWING

# The Self-Care



## Confidence Programme

**Self-care is the practice of looking after our own well-being and happiness. It can involve doing activities which are good for our physical health and mental health.**

It's really important that we look after ourselves. In our busy lives, we can often forget to do activities we enjoy and do not take time to relax. We have included some information to help you look after yourself at this time including relaxation activities, routine schedules and maybe finding a new hobby. We need to care for ourselves so that we can grow and develop our own skills.

We hope you enjoy this resource pack and would love to hear how you are getting on.

**The Self-Care Confidence Team**





# Weekly Planner

	OUTFIT OF THE DAY	AM	LUNCH	PM	DINNER
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

# Interest Checklist

INTEREST	YES/NO	INTEREST	YES/NO	INTEREST	YES/NO
Pottery		Cooking		Football	
Camping		History		Listening to Music	
Laundry		Collecting		Puzzles	
Politics		Fishing		Pets / Livestock	
Table Games		Science		Movies	
Singing		Shopping		Swimming	
Clothes		Photography		Bowling	
Hairstyling		Painting		Visiting	
Cycling		IT / Computers		Checkers / Chess	
Attending Plays		Gardening		Barbeques	
Birdwatching		Playing Cards		Reading	
Dating		Foreign Languages		Travelling	
Motor Racing		Church Activities		Parties	
Home Repairs		Radio		Wrestling	
Exercise		Walking		House Cleaning	
Woodwork		Car Repairs		Watching TV	
Driving		Writing		Concerts	
Childcare		Dancing			
Sports		Golf			

# The Benefits of Physical Activity

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure (World Health Organisation, 2020). It is recommended that adults should participate in 150 minutes of moderate exercise or 75 minutes of vigorous exercise weekly (NHS Website, 2020). Sport for Confidence takes a holistic approach when it comes to physical activity and views the whole person and their needs.



## Physical

- Reduce your risk of a heart attack
- Manage your weight better
- Have a lower blood cholesterol level
- Lower the risk of type 2 diabetes and some cancers
- Have lower blood pressure
- Have stronger bones, muscles and joints and lower risk of developing osteoporosis
- Lower your risk of falls
- Recover better from periods of hospitalisation or bed rest.

## Mental

- Improves self confidence
- Improves body image
- Improves motivation
- Better sleep
- Increases concentration
- Boosts memory.

## Social

- Meet new people
- Encourages teamwork
- Can build on meaningful relationships
- Increases communication skills
- Increases ability to co-operate.

## Emotional

- Can improve mood
- Can make you more alert
- Reduce anxiety
- Increases creativity
- Increases self esteem
- Reduces stress
- Stronger resilience.

## Spiritual

- It makes you feel happy and alive and increases your sense of being
- Use workouts as a time to reflect
- Expand your comfort zone
- Release emotion and energy
- It makes you present in the moment
- Take a moment to breathe
- Your mind quiets down and allows you to be in the present.

Physical activity and exercise can impact on all aspects of an individuals lives and not everyone exercises for purely the physical benefits. This is especially true when dealing with clients who have barriers to participation, as some of their barriers may include communication or decreased concentration.

Therefore, at Sport for Confidence, goals can be made to ensure these are focused on in the session whilst also improving participants general health and well-being.



## References

NHS UK (2020) Exercise – [www.nhs.uk/live-well/exercise/](http://www.nhs.uk/live-well/exercise/) Accessed from website 31/3/2020.  
World Health Organisation (2020) Global Strategy on Diet Physical Activity and Health – [www.who.int/dietphysicalactivity/pa/en/](http://www.who.int/dietphysicalactivity/pa/en/) Accessed from website on 30/3/2020.

# Sport for Confidence

Sport for Confidence is a pioneering organisation, driving the provision of inclusive sporting opportunities and occupational therapy expertise in mainstream leisure facilities.

People come to Sport for Confidence sessions to experience the physical, mental and social benefits of activity and exercise, all sessions are active, fun and above all else accessible. Sport for Confidence programmes place health professionals and specialist coaches into leisure centres, to provide inclusive sporting opportunities to people who face barriers to participation.



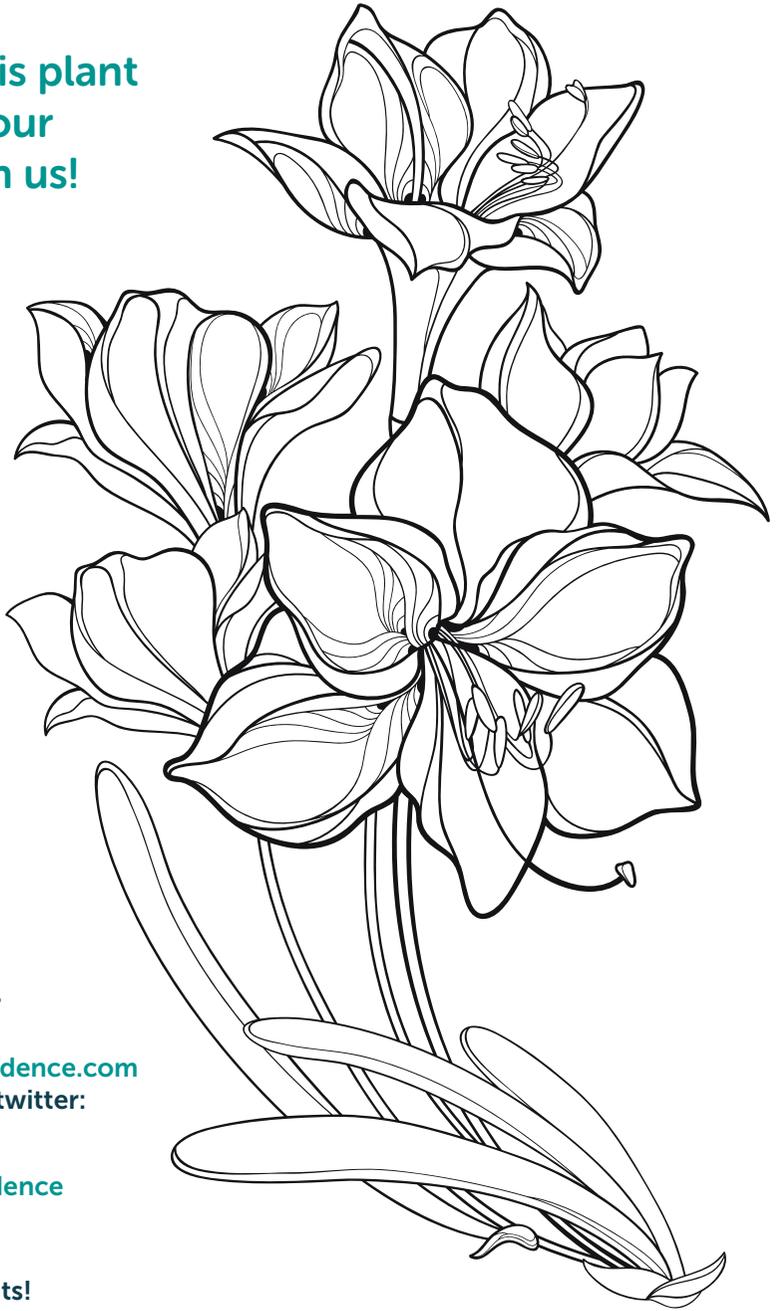
If you would like to get involved or find out more about Sport for Confidence, please email [stayconnected@sportforconfidence.com](mailto:stayconnected@sportforconfidence.com)  
We would love to see you soon.

# Helpful Contacts

If you feel as though you need some extra support, here are some helpful contact numbers who are available to help you with any problems you are facing.

NAME	DETAILS
<b>Adult Social Care</b> (Monday to Friday)	<b>Telephone:</b> 0845 603 7630 <b>Email:</b> <a href="mailto:socialcaredirect@essex.gov.uk">socialcaredirect@essex.gov.uk</a>
<b>Adult Social Care Out of Hours</b> (EDS)	<b>Telephone:</b> 0345 606 1212 <b>Email:</b> <a href="mailto:emergency.dutyteamoutofhours@essex.gov.uk">emergency.dutyteamoutofhours@essex.gov.uk</a>
<b>Stay Connected, Sport for Confidence</b>	Our Stay Connected service offers direct access to our team of occupational therapists and coaches offering the following interventions: telephone support calls, resources, access to leisure centre provision, personalised physical activity videos and our virtual delivery timetable.  <b>Telephone:</b> 01245 950 502 <b>Email:</b> <a href="mailto:stayconnected@sportforconfidence.com">stayconnected@sportforconfidence.com</a> <b>Visit:</b> <a href="http://www.sportforconfidence.com">www.sportforconfidence.com</a>
<b>The Essex Wellbeing Service</b>	The Essex Wellbeing Service supports all Essex residents with easy access and referrals to all the wellbeing services they need.  <b>Telephone:</b> 0300 303 9988 <b>Email:</b> <a href="mailto:provide.essexwellbeing@nhs.net">provide.essexwellbeing@nhs.net</a> <b>Visit:</b> <a href="http://www.essexwellbeing.service.co.uk">www.essexwellbeing.service.co.uk</a>
<b>Community Agents</b>	A Community Agent can visit you at home to help you with matters which could include: form filling, help to know what support is available, help to find new hobbies, help to access housing and benefits advice, help to access support for health matters, and so on.  <b>Telephone:</b> 0300 303 9988 <b>Email:</b> <a href="mailto:enquiries@caessex.org.uk">enquiries@caessex.org.uk</a>

Colour in this plant  
and share your  
artwork with us!



You can email your  
picture to us at:  
[info@sportforconfidence.com](mailto:info@sportforconfidence.com)  
or via facebook or twitter:

 @sportforconf

 Sport for Confidence

We look forward  
to seeing your plants!