

October 2020

# KEEPING YOU IN MIND



## This issue:

- Top tips on how to find more peace
- Technobabble
- Chitchat from the Cat
- Cornel Cymraeg



## Peace



Plus brainteaser and  
Cornel Cymraeg!

What is  
peace, why  
do we need it  
and how do  
we get it?

Welcome to the  
9th edition of  
our newsletter.

Now that lockdown has  
eased, we have decided to  
move to a monthly edition.  
The theme for October is:  
PEACE



HELLO  
/  
SHWMAE

**“We have forgotten what rocks and plants still know - we have forgotten how to be - to be still - to be ourselves - to be where life is here and now”**

**- Eckhart Tolle**

Most of us crave a little peace and quiet from time to time. It can sometimes seem like the world is awash with constant noise from traffic rushing past to the television blaring, from loud conversations on the bus to your neighbour mowing their lawn. But what exactly is peace? Why do we want it? And most importantly how do we get it?



# Why do we need Peace?

In an Italian study from 2013, something as ubiquitous as the ringing of the subjects' mobile phones had the power to cause a spike in their blood pressure. Being surrounded by noise can also affect how well you can remember things. Another study found that in a noisy environment (eg. a crowded restaurant), short-term memory can become overloaded, because the brain circuitry that processes recall (as well as speech) is the same one that handles noise.

Chances are you already know this instinctively. For example, if you get lost while driving, the first thing you're likely to do is turn down the volume on the radio. That's because the noisier your environment is, the tougher it is to concentrate and find your way. There can be some profound health benefits to making silence a priority at some point in your day.



1

## It can help relieve stress

Have you ever noticed that stress feels worse when it's loud or chaotic in your environment? If you're feeling overwhelmed and in a crowded or noisy place, your body can't relax enough to let that stress go and so it increases rapidly. Removing yourself from the situation and taking a little quiet time can help calm the body and in turn, ease the stress in your mind.

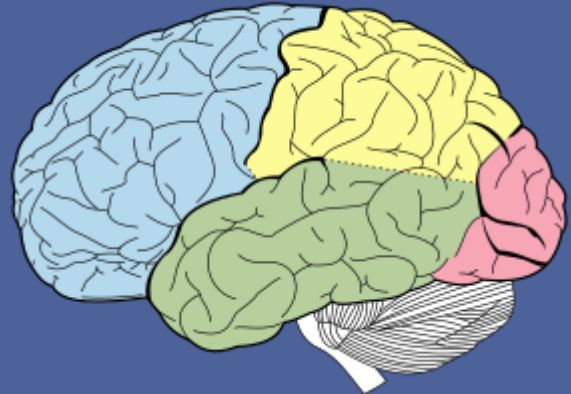
2

## It Restores Mental Wellness

Giving yourself some dedicated silence each day actually gives your brain a chance to rest and recuperate. Our brains are constantly being worked, and when it's a stressful day, they're being overworked. Peace and quiet allows the brain to rest, which also allows your cognitive abilities to restore themselves. You might find that you can pay attention better, remember more easily, and just have better basic function in the mind.

## It Can Literally Heal Your Brain

Researchers believe that engaging in some silence can actually allow brain cells to grow. While it's unclear how much silence is needed or how much healing can take place, steady silence every day has been shown to improve cognition -- especially memory and learning. If you want to keep the brain healthy, silence is a key aspect.



### How to incorporate peace and quiet into your daily life

- 1 Be pickier about your news intake.**  
Instead of switching on the TV (and perhaps having to sit through a range of distressing stories), get your news online. Not only will this be less noisy, but you can choose what to read rather than being forced to process everything.
- 2 Try some radio silence.**  
When you get into the car, instead of immediately turning on the radio, go with quiet for (at least) the first five minutes.
- 3 Set boundaries.**  
Make a few rules for yourself about when you can and cannot look at your smartphone, for example during meals or before getting out of bed.
- 4 Turn off alerts or put your phone on silent.**  
Without the constant threat of interruption, you're more apt to do something productive for your brain — like daydream.



5

**Invest in calm.**

Try a set of noise-cancelling earphones

6

**Mute the television during the adverts**

They tend to be much louder than the show you are watching. Don't sit there and suffer through the noise. Instead, press mute and enjoy a few minutes of silence.

7

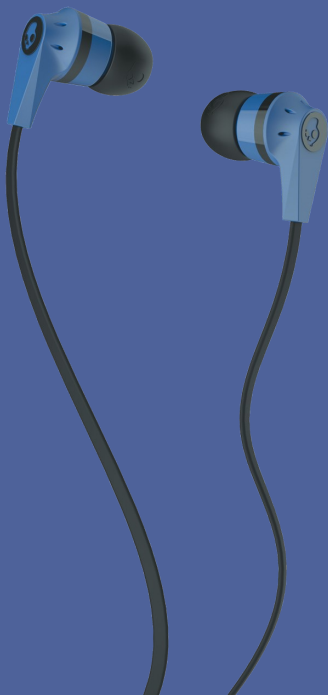
**Get rid of background noise**

Turn off devices which aren't being used. Don't leave the television or music on unless you are watching or listening to it. Close doors and windows to shut out noise from the outside.

8

**Leave the room**

If you're in a crowded noisy environment, try and find an opportunity to leave and take yourself somewhere quieter for a few minutes. Close your eyes and focus on your breathing.





# BRAINTEASER

How many of these  
can you solve?

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
2. No matter how little or how much you use me, you change me every month. What am I?
3. What has cities, but no houses; forests, but no trees; and water, but no fish?
4. What is harder to catch the faster you run?
5. Four cars come to a four way stop, all coming from a different direction. They can't decide who got there first, so they all go forward at the same time. They do not crash into each other, but all four cars go. How is this possible?
6. Guess the next three letters in the series GTNTL.
7. Put a coin into an empty bottle and insert a cork into the neck. How can you remove the coin without removing the cork or breaking the bottle?

Answers on page 17

# CHITCHAT FROM THE CAT

#9 Anyone put their heating on?



Written on behalf of Billybob by his mum, Pat Griffiths

I write this on a cold and wet day. I'm wrapped in a nearby pair of pyjamas, whilst lying, shivering on the bed. I am chilled to my little bones. Have you seen those PDSA adverts on the TV? Yes, you have the idea.....Luckily I have my own fur coat otherwise I may have succumbed. Despite the clear plummet in temperature, the heating in my house remains untouched by human hands. My mother seems to be doing a straw poll of neighbours and friends regarding their intentions to heat their houses. Why, I ask, does it matter what 'everyone else is doing'? # Heating is not just for Christmas.

My recent visit to the vet was a triumph. I have lost 0.25kg.

Splendid achievement. I wish I'd kept in mind, in the current frozen wastes of my house. Mum and I celebrated the loss of weight in the traditional style: we both had a snack on our return home. I had one of those delicious pouches, and my mum had a doughnut. I am not due back for another 12 months, so that gives me ample time, well, to become ample. And then less so. # Whenever I feel sad I go to my happy place - my bowl.

Next door have a new gate. The neighbour has painted it a lovely deep blue. It presents no challenge to me, of course, but is to keep their ever-growing dog inside. She is now allowed the run of the garden on her own. The dog, you understand, not her owner. Though I'm sure she can have the run of the garden if she wanted it. This is great as, on seeing her, I can jump over the fence, or gate, and annoy her. Once barking has

been established, I nip back over to my side and hide. Her owners come out and chastise her for making so much noise. Haha! # It's a dog's life.

And so back, once more to the weather. The rain is coming down as I write. Pouring. Everyone is inside with me. And moaning. I am trying to keep warm by rubbing my little paws together and blowing on them. I am also lightly exercising by going outside, getting wet, hiding under the car, coming out, nimbly climbing up the shed, and in through the upstairs window.

This has been discouraged as I arrive back wet each time. But at least it keeps me warm. Well, warmer.

# Remember everyone, happiness can be found even in the darkest of times, if we only remember to turn on the light. Turning on the heating would help a lot too.

- Billybob

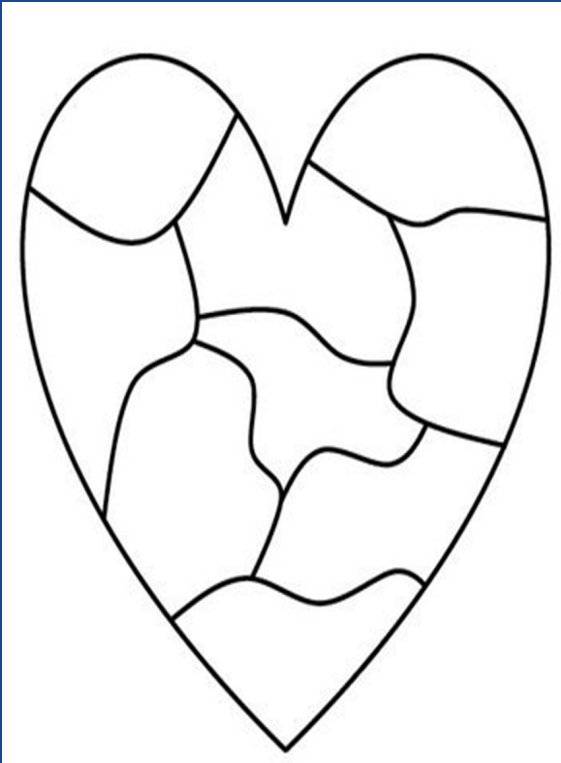
Next time # Do you know it's Christmas?





# Activity:

## Heart Map

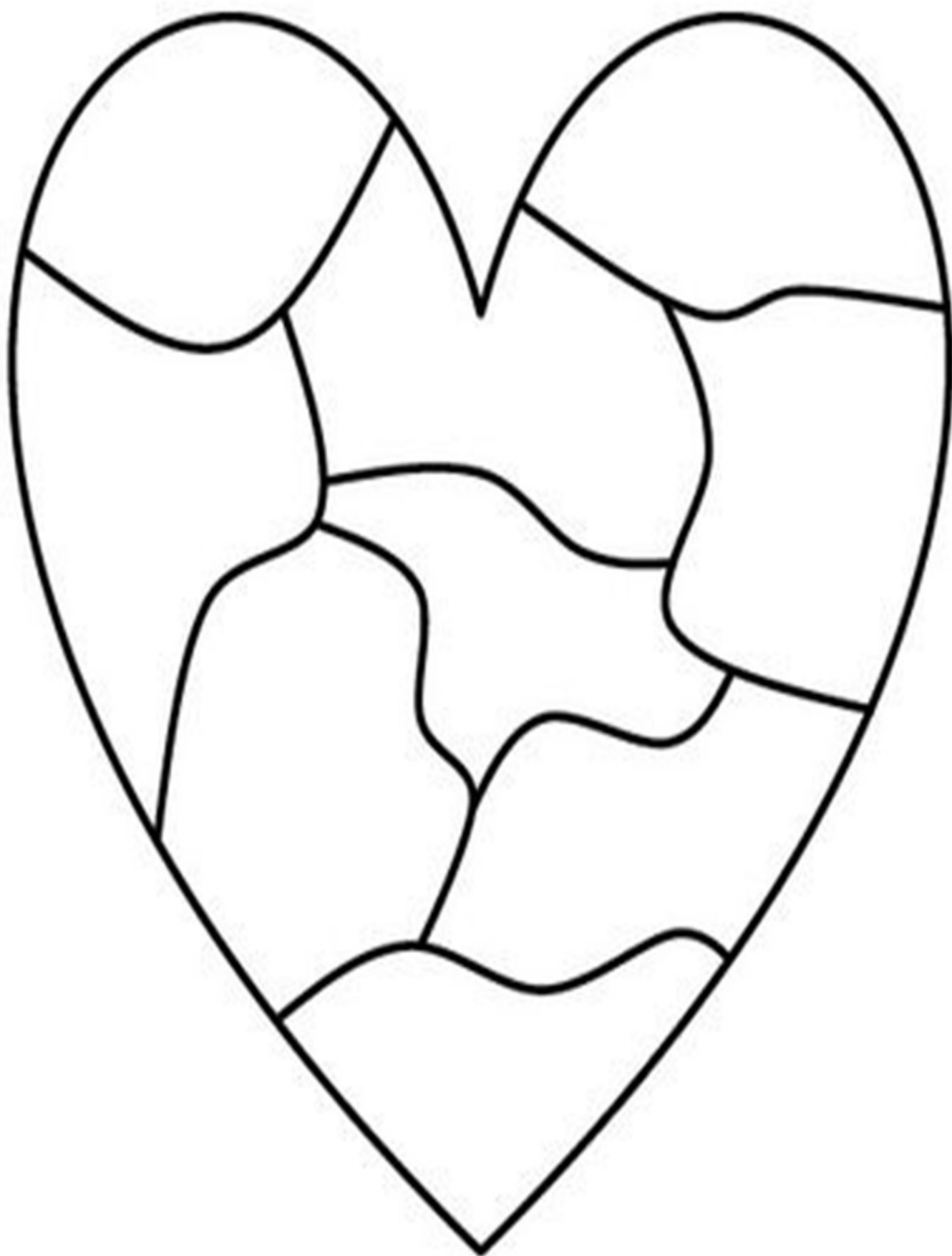


A heart map is a visual representation of everything that matters to you most. The most important things go in the centre.

Use the questions to the right and the template on the next page to create a map of the things that bring you peace.

## Ask Yourself

1. Who are the people that make you feel calm?
2. What has been a restful experience for you?
3. Do you have memory of a peaceful time in your life?
4. What helps you to relax?
5. What sounds do you like to hear?
6. Where is a quiet place for you?



# Cornel



## Cymraeg

Gair i gofio/Words to remember

tawek

tah-well

quiet

meddal

meh-th-al

soft

ysgafn

uh-s-gav-n

light

addfwyn

ah-th-voo-in

gentle

caredig

kah-red-igg

kind

cysglyd

kuh-sg-lid

sleepy

### Ffaith Difur

Caiff 'Gadair Ddu' yr Eisteddfod ei enw wedi iddo gael ei ddyfarnu i Hedd Wyn yn 1917. Yn anffodus, lladdwyd y bardd 6 wythnos yn gynharach yn ystod y rhyfel. Ddaru lliain ddu gael ei roi dros y gadair ac aeth i deulu Hedd Wyn yn Nhrawsfynydd. Mae'r enw wedi aros ers hynny.

### Interesting Fact

The Eisteddfod's 'Black Chair' got its name after it was awarded to Hedd Wyn in 1917. Unfortunately, the poet had been killed in battle 6 weeks earlier and was never able to claim it. The chair was draped in a black cloth and delivered to his family in Trawsfynydd. The name has stuck ever since.

Pwy ydw i? Who am I?

**DDIVA DOLLY GROGEE**

Awgrym: Yr unig Brif Weinidog Cymraeg ym Mhrydain, a Cymraeg oedd ei mamiaith.

Hint: The only Welsh Prime Minister in Britain, who's first language was Welsh.

Atebion ar tudalen 17/Answers on page17

Are you involved with a  
community group that  
helps people affected by  
suicide or self-harm?  
Are you looking to set  
one up?



Funding and support is now available through the  
Gobaith Peer Support Project

## What is it?

Mind Aberystwyth, in partnership with  
Llanelli Mind and Mind Pembrokeshire are  
offering grants and support for community  
groups specifically focused on suicide and  
self-harm.

You can apply for up to £1,000 to set up a  
new group or to help support an existing  
group. Successful applicants will also be able  
to avail of training and support to help their  
group develop their skills and knowledge.

## How do I Apply?

Just fill in our simple application  
form and submit it via post or  
email. **Closing Date: 30-10-2020**

To request an application form or to  
find out more contact Mind Aber-  
ystwyth at:

[peersupport@mindaberystwyth.org](mailto:peersupport@mindaberystwyth.org)

or give us a call on:

**07958788172**



# We're Listening



We want to hear from you, our readers, what you think about our services.

If you have anything you'd like us to know about your experience of using our service, or have any suggestions about what you'd like to see us offer we would love to know!

So what do we want to know?

We welcome any feedback you have to offer, but to help we've provided three questions below to get you started:

1.

What do we  
do well?

2.

What could we  
do better?

3.

Is there  
anything else?

Please send your feedback to:

Email: [info@mindaberystwyth.org](mailto:info@mindaberystwyth.org), with the subject 'LISTEN'

Write to us at: **LISTEN** @ Mind Aberystwyth, The Cambria, Marine Terrace, Aberystwyth, Ceredigion SY23 2AZ



# What's new at Mind Aberystwyth?

## Virtual yoga (Thursdays, 12-1pm)

Now more than ever, it's important to stay active. So why not join one of our newest groups? You don't need a mat and can wear what you like! Sessions are hosted via Zoom (we can help you to set this up). You don't need your camera or mic on, and can join for as long as you'd like.



## Online drop-in (Wednesday afternoons, 2-4pm)



This is open to all, a place to connect with others, build friendships, gain access to signposting and receive advice on engagement with mental health services. We'll be posting daily and you can chat on the group whenever, and a support worker will be available to chat at the above times. You can access via our Facebook page, under groups.

## Mum's matter (Mondays, 1-3pm)

Meet other mums, share tips and advice on wellbeing and mental health, chat and have fun! Find us on Facebook, under groups.



## Active Monitoring



A 6-week guided self-help programme. We'll give you materials to help you better understand and manage your feelings, and will call you regularly to support you through the process.

If you would like any more information or are interested in accessing any of the above, please call us on 01970 626 225 or send your enquiries to [info@mindaberystwyth.org](mailto:info@mindaberystwyth.org).

## Reduce feelings of anxiety, isolation and loneliness with these helplines



During this challenging period, **Porth Cymorth Cynnar** has established a virtual platform to ensure that we are able to keep in touch with vulnerable residents across Ceredigion. We are ensuring that all residents whom are known to our services, and others, are kept in touch with, through regular welfare calls, should they wish.

Around 2,000 residents from young people to families to carers, who may require or benefit from regular contact whilst their service is not operating in its usual form will receive communication from our staff.

To date, almost 2,000 welfare calls have been made, and have been well received by people across Ceredigion. Residents have said that it is great that someone is keeping in touch with them, to give them an opportunity to have a weekly phone call and someone to talk to.

If you, or anyone you know would benefit from the Keeping in Touch Service, please get in touch with Clic on 01545 570881 or [clic@ceredigion.gov.uk](mailto:clic@ceredigion.gov.uk) who will triage your query to Porth Cymorth Cynnar.

**Age Cymru** is to offer a check-in-and-chat telephone service for the over 70s in Wales who live alone. It is hoped that the initiative will provide some reassurance to older people, answer basic queries and link people to local services and support during the Coronavirus outbreak.

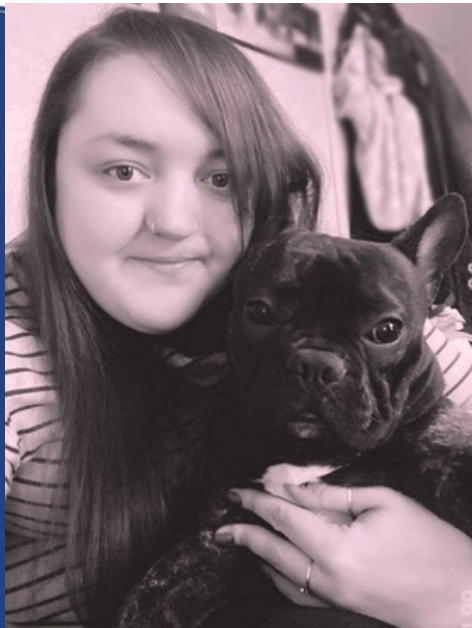
Anyone over 70 in Wales can register with Age Cymru free of charge, to receive a regular telephone call from the charity in either English or Welsh. All you have to do is call the Age Cymru Advice Number on 08000 223 444 or email [enquiries@agecymru.org.uk](mailto:enquiries@agecymru.org.uk)

**Shout** is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout is powered by a team of volunteers, who are at the heart of the service. Text SHOUT to 85258.

**HUTS Workshop** (the mental health charity in Newcastle Emlyn) is offering a free telephone chat service for anyone feeling lonely and in need of a friendly conversation. If you would like to register for this service, call 01239 710 377, you will receive a call back.

# MEET THE TEAM

This edition we'll be hearing from our  
Support Supervisor, Lisa!



Lisa

## Tell us a little about yourself and what you do at Mind Aberystwyth?

I joined Mind 4 years ago as a Support Worker, and for the last 3 years I've been working as a Support Supervisor. I try to make sure that everything runs smoothly with our support service, as well as lots of behind the scenes paperwork which I won't bore you with!

I've always wanted to work in the Mental Health sector and I absolutely love my job working with lots of different people.

## What are some of your interests and hobbies?

I've always been interested in people, which is why I studied Psychology at Aberystwyth University. I'm also about to start

studying Forensic Psychology - I'm fascinated by the criminal mind and you'll usually find me watching documentaries or reading books about the subject!

Music is also very important to me, I play the clarinet and saxophone and I've constantly got music playing whether I'm at home or out and about.

My partner and I share a French Bulldog, and we are more than a little obsessed with him... He makes us smile every day - he's also been fantastic company over lockdown!

## How are you staying resilient during the lockdown?

I think it's really important to make time for self-care, and make sure you do at least one thing a day that is just for you.

For me, that could be anything from going on a long walk with my puppy, to spending time with my partner and my mum, doing cross stitch or reading a book with a hot cup of tea. I find it difficult to switch off sometimes, so doing these things has made a huge difference to me over lockdown. It doesn't have to be anything big, even watching your favourite TV show in peace, but make sure you have time for you every day!



# THAT'S ALL FOLKS!

We hope you've enjoyed this edition of Keeping You In Mind. We would love to feature more contributions from readers – stories, poems, art, quizzes, recipes or anything else you want to put together. The theme of our next edition is 'CREATE'. Please submit your work to [emma@mindaberystwyth.org](mailto:emma@mindaberystwyth.org) by Monday 2nd November or post to Mind Aberystwyth, The Cambria, Marine Terrace, Aberystwyth, SY23 2AZ

**BrainteaserAnswers:** 1. The river was frozen 2. A calendar 3. A map 4. Your breath 5. They all made right hand turns 6. I, T, S. The complete sequence is the first letter of every word in the sentence 7. Push the cork down into the bottle, then shake the coin out.

**Cornel Cymraeg:** DAVID LLOYD GEORGE