



COVID-19 Coronavirus Advice

Well-being Advice

During the time of the Coronavirus self-isolation it is vital that we all look after our health and wellbeing. Here you will find a simple 7 step guide to promoting physical, mental and spiritual health. This can be carried out on a chair or standing. We have this time to stop so let us breathe...

Safety Points

- Only do what is comfortable for you to do & do not overstretch
- Make sure the area you will work in is free from clutter and trip hazards
- Have nearby a glass of water and any medication required (such as an inhaler)
- If you are seated ensure you are sat up in the chair with your weight evenly balanced
- If standing consider having a chair in front of you to stabilise if required
- If you wear an emergency call alarm keep this nearby in case of emergency (if not put phone nearby)

Ways to enhance your session



Choose a few favourite songs and carry out the movements to the music. (Maybe using a compilation CD or YouTube playlist) We have put together a specific playlist which has been recorded for this session by Vicki Paling from Nottingham Aspley Corps. Search in google (older people's ministries salvation army breathe playlist) follow to YouTube.

Why not video-call a friend and carry out the session together, you will be able to pray with one another and share in the experience.



Carry out the session in your garden especially if you have a nice sunny day. Often being outside can help us to feel well.

Consider using household objects to develop your session especially if you need a higher intensity. For example you could step up and down on the bottom step or hold bags of sugar or tinned food in your hand when reaching up and out.



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1. Start Up

Starting by rubbing your hands together then move on to wrist, elbows, shoulders, knees and ankles continuing until you have done all of your joints.

Recite the Lord's Prayer - Our Father...

2. Reach Up

Imagine you are reaching up for an item on the top shelf.

Reach up take the item and bring it back down to your waist.

As you reach up call out to God who is still in the highest place above all.



3. Reach Out

Keeping your arms at shoulder height reach forward and bring your arms back in as if you were going to give someone a hug.

Bring to mind those who you love and ask God to bless them wherever they are.

4. Reach Down

Ensuring not to topple forward reach down as low as you can and swing your arms at your sides.

Ask God to be with the homeless, refugees and others who are deemed to be in the lowest of places by society.



5. Step Out

March or walk on the spot (You could walk up and down the garden).

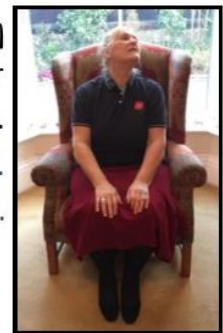
Bring before God those who are still having to walk out of their homes everyday to provide essential services for us all.

6. Slow Down

Start by rolling the neck in large circles before looking back over alternate shoulders. Then repeat joint rub as you did at the start.

Ask God to be with you as you have slowed down and self-isolated.

Ask him to keep you well in body, mind and spirit.



7. Take a Deep Breath

Spend a few moments breathing long, slow, deep breaths then recite the words:

Breathe on me, breath of God, Fill me with life anew,
That I may love what Thou dost love and do what Thou wouldst do.

Breathe on me, breath of God, Until my heart is pure,
Until with Thee I will one will to do and to endure.

Breathe on me, breath of God, Till I am wholly Thine,
Until this earthly part of me glows with Thy fire divine.

Breathe on me, breath of God, So shall I never die,
But live with Thee the perfect life of Thine eternity.