

# 'Be kind to yourself'

Advice and testimonies from service users of maintaining recovery through lockdown



"I think watching the sunrise or sunset reinforces that although it feels like the world has come to a standstill, it hasn't.

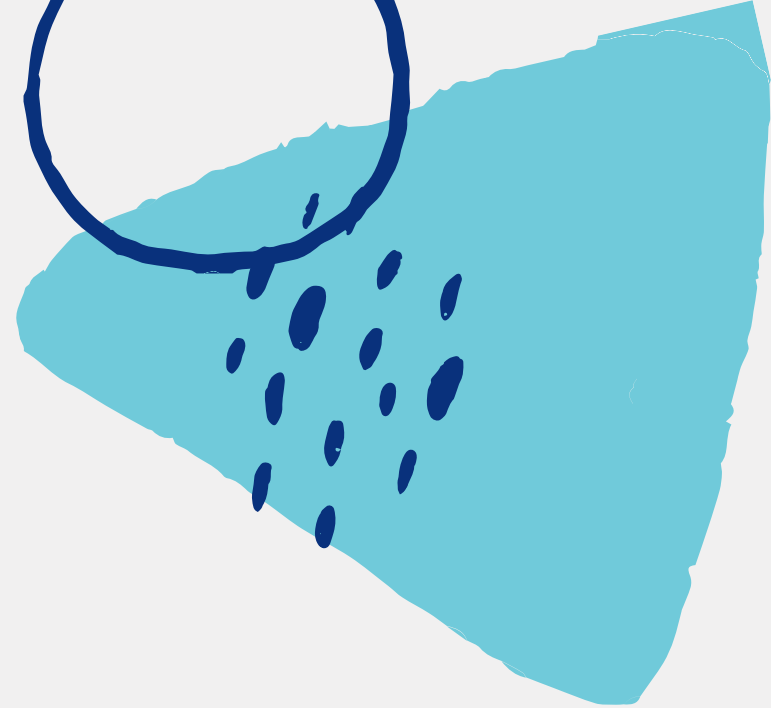
Reading, baking or calling a friend are good distractions and take your full attention even for a little while when it comes to either dark thoughts or substance cravings. I think it's especially important to keep in contact with friends, family or support during this time. Any human interaction can help."

Annalise,  
MA Student in illustration and Barod Service User

"I am lucky, I have a solid support network, I'm keeping my mind occupied with my guitar and my weights.

I want people to know support is still available. Yes, services might look a little different in lockdown, but I'd encourage people to reach out."

Tim, Cyfle Cymru Gwent Volunteer




"When I have taken the dog for a walk in the morning, I've got the whole day left.



There's two ways to think about this. Either, what am I going to do [for the whole day]? Or the way I think about it is, the pressure is off and I can put my feet up."

Steve, Barod Service User and chair of the Swansea Service User Representative Group, VOICES






"Reading has been a massive part of my recovery. I used to love reading when I was younger but it fell by the wayside.

But early on in my recovery I got back into it and has since become a great pleasure of mine again"

Steve, Barod Service User and chair of the Swansea Service User Representative Group, VOICES

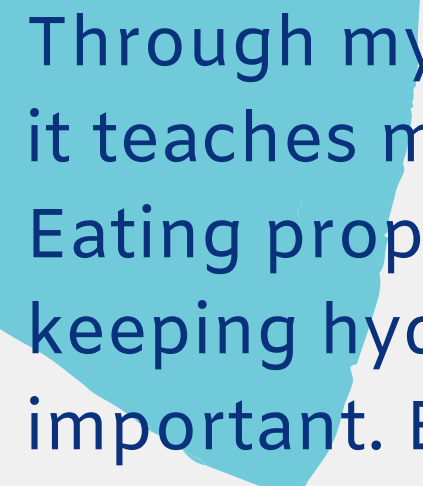


#TimeToBrew



"I'm trying to do as I always used to do [before the lockdown]. It's important for me to have a fixed routine.

I will listen to music every morning. It is good for the soul and lifts my spirits.



Through my recovery programme, it teaches me to see the positives. Eating properly, sleeping well and keeping hydrated are all really important. But most of all, be kind to yourself"

Cath, Barod Service User

**#TimeToBrew**





"One of my worries about the lock down is putting on weight. This affects not just my physical health, but also my mental health too.

However, if you are struggling, there are lots of resources online such as exercise apps for zumba and yoga which can be surprisingly really fun to do"

Anonymous,  
Barod Service User

"Mutual aid like SMART Recovery was something I never thought would be for me, but it became an essential part of my recovery.

It got me back out socialising and it is what I structure my week around - even now during the lock down with their online meetings. The anxiety and depression groups I usually attend are also being done online. The mutual aid setting is such a powerful tool"

Anonymous, Barod Service User