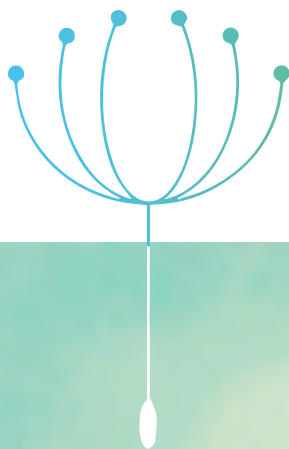


Living the Life





Living the Life

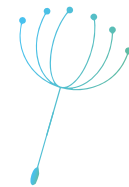
Living the Life is about helping you to enjoy life with memory problems and get the most out of it.

It is a little book that includes two parts:



A Walk Around Myself

(the foldable card at the front of this booklet)



Making the Most of It

(the main booklet)

What this booklet is for?

‘Living the Life’ is about how you can look after yourself. It takes the form of a small reflective booklet (Living the Life), complemented by A Walk Around Myself - a set of six simple mindfulness exercises to help with relaxation and reflection. The booklet offers advice on nurturing a mindful attitude and positive emotions in everyday life to help deal with it constructively. The booklet has different sections relating to how to live well with memory problems, what is good for your health as well as for feeling good, and what you might ask other people for.



Contents

A Walk Around Myself	6
Making the Most of It	10
So What can I do to Keep Active and Look After my Health?	12
How can I live well with my memory problems?	15
What is good for my health?	39
How can I feel good?	55
I’m not on my own with memory problems.	
I have people who can help me!	73
What can I ask other people to do?	85
Project Information	100
MinD project team	101



A Walk Around Myself

Tips for a Mindful Life

This part asks you to dedicate some minutes to an exercise that helps you with relaxation, focusing and wellbeing.

There are 6 simple mindful activities within this exercise, which may give you a new view on something you normally do.

You can either choose a mindfulness exercise from the following page according to one of the statements which you find further on in the booklet, or you can choose an exercise at random by spinning the arrow on the interactive card on the MinD website.

You can do as many activities as you like.

There is no right or wrong way to doing the mindful activities; just allow a few minutes for them.

Being mindful simply involves acknowledging your thoughts and feelings without reacting to them. Explore them, accept them and allow them to flow during the activity. If your mind wanders elsewhere it is also ok. Your experience will be different each time you do the exercise.

At the end...

What experience have you had?

Let's do it again?



A Walk Around Myself

It's good to **say 'thank you'** – this can be for something very small like a smile from a friend, or feeling the warm sun on my face.



It's **time to give myself a hug** or hold my own hand. As I notice how I feel, I say to myself 'I deserve this hug.'



By walking (or imagining that I'm walking) a few steps slowly, I **feel how my feet make contact** with the ground. I feel the support of the earth beneath me, and I become aware of how I'm moving around.



*Select
an exercise*

If I stop for a moment and **listen to my breathing**, feeling how regular it is – I don't need to do anything else, the rhythm of my own breathing will calm me.



If I close my eyes for a moment and **focus on my hearing**, is that a bird, a car, a child's voice... – what can I 'see' with my ears? What pictures form in my mind from these sounds?



By **imagining a place where I feel calm and safe** – picturing its details, colours, sounds in my mind's eye – I can rest in the warm sensations and emotions this brings.



Making the Most of It

What can I Do?

This part is here to help you think about some of the questions that people might ask when they are told they have memory problems.

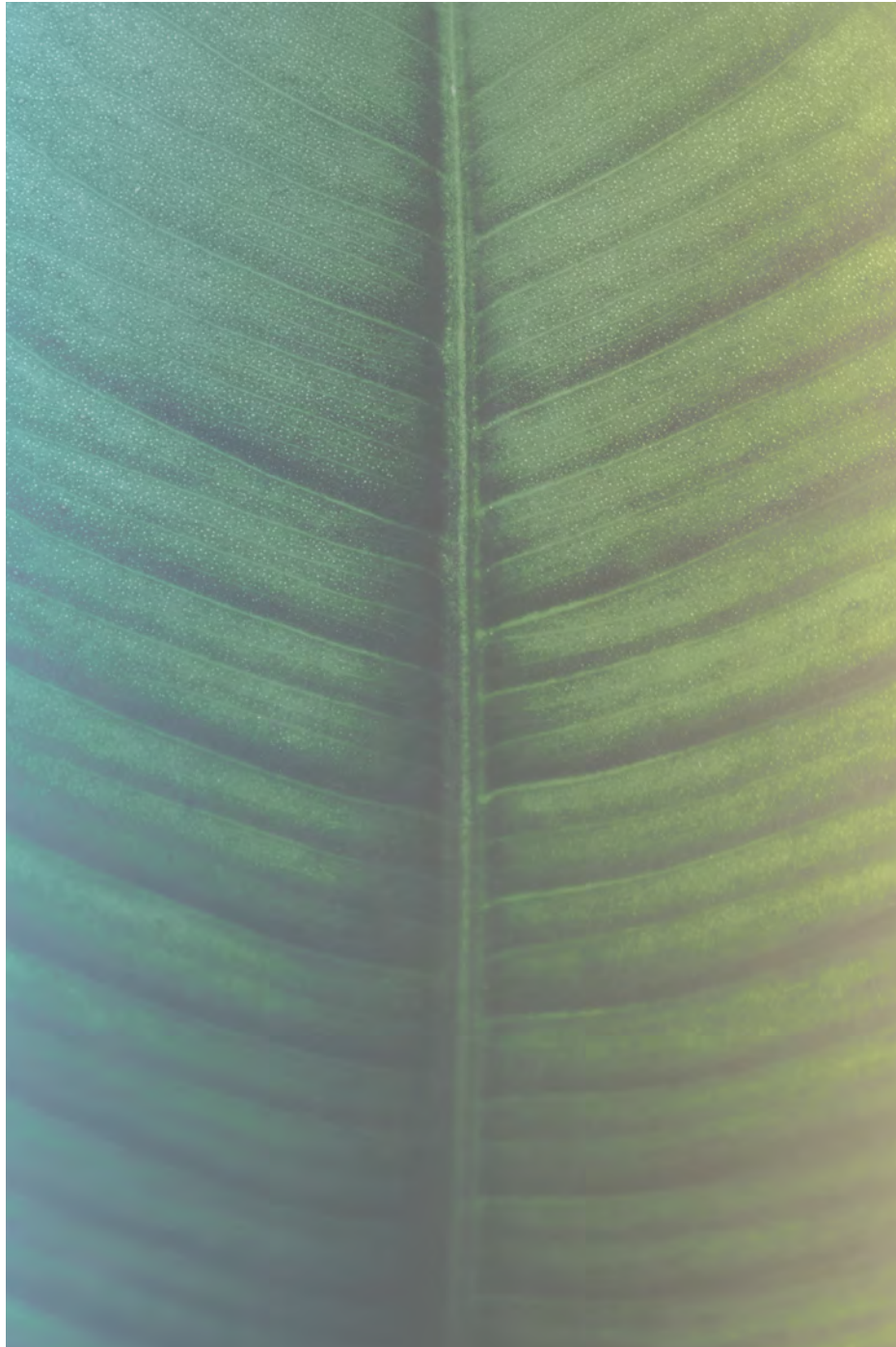
They don't need to be read in any particular order and are positive affirmations to remind you how to make the most of your life.

You may dip into this book either when you have a spare moment or whenever you need some encouragement. You can also add your own notes. You can also find the activity symbols from Part 1 next to the answers to help with focus and reflection.



So What can I do to
Keep Active and Look
After my Health?





How can I live well
with my memory
problems?

I can continue to direct my life. I can:



Accept myself
as I am and
feel empowered



I can continue to direct my life. I can:



Stay
self-confident



I can continue to direct my life. I can:



Stay in contact
with people



I can continue to direct my life. I can:



Keep
memories
alive



I can continue to direct my life. I can:

Accept that
there may be
changes
over time



I can continue to direct my life. I can:



Accept
support
if I need it



To keep active, I should:



Not withdraw
from my life



To keep active, I should:



Keep doing
what I like to do



To keep active, I should:



Look for
new things
that I may enjoy



To keep active, I should:



Do things
I always
wanted to



To keep active, I should:



Ask for
information
about things I am
interested in





What is good for
my health?

To keep healthy, I should:

Have a good
night's sleep



To keep healthy, I should:

Don't sleep
too much
during the day



To keep healthy, I should:



Eat and drink
regularly



To keep healthy, I should:



Enjoy the things
that I do



To keep healthy, I should:



Be patient with
myself and
others



To keep healthy, I should:



Take my time
and do not rush



To keep healthy, I should:



Take some
exercise
when I can





How can I feel
good?

To look after my emotional health, I need to:



Go outdoors
when I can



To look after my emotional health, I need to:



Spend time
with other
people



To look after my emotional health, I need to:



Listen to others



To look after my emotional health, I need to:



Join in



To look after my emotional health, I need to:



Have some time
just for myself



To look after my emotional health, I need to:



Find
ways to relax,
such as yoga,
meditation or
mindfulness



To look after my emotional health, I need to:



Enjoy music,
films, TV, ...



To look after my emotional health, I need to:



Being kind
to myself
(and others)





I'm not on my own with memory problems. I have people who can help me!

Having support from others is normal and I can:



Take charge
of what is
happening
to me



Having support from others is normal and I can:



Choose
who will help me



Having support from others is normal and I can:



Decide
how we will deal
with my memory
problems



Having support from others is normal and I can:



Ask people who
want to help me
to go at my pace
and not rush me



Having support from others is normal and I can:



Find information on
memory problem
services and support
groups in my area
together with you





What can I ask
other people
to do?

*I know it's good to stay in touch with others
as they can:*



Talk to me!



*I know it's good to stay in touch with others
as they can:*



Help me to feel that
I am part of your life



*I know it's good to stay in touch with others
as they can:*



Encourage me
to be independent
and let me do
the things
that I can still do



*I know it's good to stay in touch with others
as they can:*



Help me with things
that I may find
difficult like letters
and phone calls



*I know it's good to stay in touch with others
as they can:*



Share
social moments and
leisure activities
with me regularly



*I know it's good to stay in touch with others
as they can:*



Fill me in
on memories
I cannot recall



*I know it's good to stay in touch with others
as they can:*



Please
stay at my side!



Project Information

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