

## Highland Self Management Forum – Resilience

### Links and Shared Info from Chat

[Self Management Month 2022 - Self Management and Co-Production Hub \(alliance-scotland.org.uk\)](https://alliance-scotland.org.uk)

@SelfMgmtScot

@ALLIANCEscot

@margaretMckeith

<https://www.highlandrn.co.uk>

[www.caswa.org.uk](http://www.caswa.org.uk) (lots of information here and a varied, regularly updated blog section (inc. newsletters which give insight into our work). Please consider following us on social media - we're on FB (CASWA) and Instagram (@caswa\_womensaid).

Turmeric is great for joint pain

You can simply add it to something like scrambled eggs, rice, in soups or stews

Warm milk with turmeric and cinnamon, plus honey to taste before bed. It's Golden Milk when you look up for recipes

Just the same as golden paste can be very beneficial to your animals too

Caution its strong yellow colour can stain utensils and worktops 😊

Fleece bedsheets made such a difference last winter

There are a number of foodbanks across Highland that can also help people through the coming winter

A wee gratitude journal at the end of the night works a treat...just 3 bullet-points 😊. It is good to read over it in the morning when you wake up too (gratitude journal)

Ewen's Room deliver the WellBeing Champions Programme (currently free) to groups (workplaces/organisations/schools/community groups, etc) throughout Lochaber. The training programme is a toolkit full of resilience-building and self-regulation practices and tools. Please check it out! It is such a great practical resource 😊

<https://www.therapistaid.com/therapy-worksheet/self-care-assessment>

Self-Care Assessment (Worksheet) | Therapist Aid

Self-care activities are the things you do to maintain good health and improve well-being. Some self-care activities might already be part of your routine,...

<https://www.nhsinform.scot/winter-vaccines>

Information about flu and coronavirus (COVID-19) vaccines to help protect you this winter

<https://www.who.int/publications/i/item/9789240003927>

Doing What Matters in Times of Stress

[http://terrance.who.int/mediacentre/audio/MSD/WHO-AUDIO Stress Management Grounding Exercise 2 \(2%20minutes\) 27APR2020.mp3](http://terrance.who.int/mediacentre/audio/MSD/WHO-AUDIO%20Stress%20Management%20Grounding%20Exercise%20(2%20minutes)%2027APR2020.mp3)

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/bright-sky/calm-amongst-chaos/>