

IA North Eastern Autumn Newsletter 2020

Hi All,

So, enjoying the light nights, sitting in the garden watching the birds. Hope you are safe and well, managing to adapt to our different way of life. WE'RE now hopefully coming out of lockdown, staying at home to protect the NHS and save lives has been difficult and while we all start to adjust to our "new normal" way of life, we have had good days and bad. Some working from home could have had a bit of a struggle and as much as we love our family and housemates, the longing to see new faces is setting in. Here are five lessons I have learned to survive life under lockdown...

1. Routine is key

We spend our regular lives trying to avoid boring schedules. But when outside my comfort zone planned chunks of time helped the hours pass painlessly. Time on my hands made the days seem long. However, my husband and I built a daily routine as follows: breakfast, walk dogs, carryout some chores, lunch, read awhile or catch up with post, snack, walk dogs, dinner, and sleep.

2. Quiet company is good company

Normally, coming home from work to a loved one is a great opportunity to natter about the details of your day. However, if you have spent the entire day getting in each other's way, trying to work while entertaining the kids, taking some quiet time is a must to catch up on.

3. Learn to love being on your own

It is a fine line between loneliness and blissful solitude. Many of us long for exactly what we do not have. During busy lives in crowded public spaces we often yearn for space and peace. I spent the days happily inside my own head taking stock, assessing my life, and making plans. I could do whatever I wanted, and started to appreciate life's smaller, simpler pleasures. For example, each morning I sat with cup of tea for an hour after breakfast.

4. Indulge in hobbies

Whether it is gardening, crafts, learning an instrument or DIY, we all have things we wish we did more of. I took up knitting to fill my copious free time. To the joy of my husband each day I spent an hour learning how to use a computer.

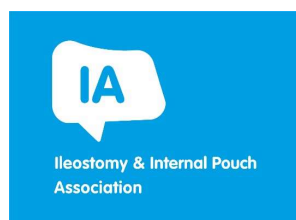
5. Do not lose patience

Better days are ahead, and impatience will only make this feel more drawn out. So, when things begin to try your patience try take a moment and take a few deep breaths.

Unfortunately, our meeting on November 7th November 2020 at the Brunswick Methodist Church in Newcastle is cancelled. Following the Government Guidelines for your safety and wellbeing. Looking forward here are some meeting dates for your diary: Saturday May 1st and December 6th 2020

Although we have been unable to hold our meetings, please do visit IA website : www.iasupport.org Another alternative is Facebook or Twitter. IA post interesting articles on these sites. There is the visitors service where you can telephone or email. IA have lamStrong facemasks, for members only. They are free and based on first come first served basis. Please go to the link : <https://iasupport.org/facemask/> to apply.

Take care, Claire



Freephone: 0800 0184 724 | Email: info@iasupport.org | Website: www.iasupport.org
President: Professor Neil Mortensen MBChB MD MA FRCS Eng FRCS Glas FRCS Edin

Registered Charity: 1172338 (England and Wales) and SC048658 (Scotland)