



A movement and wellbeing programme for a healthier Hull

Pre reading

Welcome: what is the Healthy Hull Programme?

Programme aims



Enable you to manage the symptoms of your long-term health condition, get back to doing things you love and used to do without pain, fear or anxiety.



Help you find exercises that you enjoy, teach you to workout safely and ultimately reduce or eliminate pain.






Build a support community where you feel safe and comfortable, make friends and share experiences.

Supported	12 weeks	Rehabilitation Specialist led education and exercise session twice a week
Independent	12 weeks	Rehabilitation Specialist led optional exercise session once a week
Maintenance	6 months	Self-management and maintenance



What to expect?

The healthy hull programme exercise sessions focus on three main types of training:

		
Cardiovascular (CV): Low impact CV training, step aerobics, cycling class.	Mobility: Yoga, aqua training, progressive stretching.	Strength: Strength training, compound movements, machine weights.

Session 1 will be a circuit-based session covering cardiovascular and strength training. These sessions focus on your physical function, making movement easier and more stable, and providing options for exercising in the gym and/or home.

Session 2 will focus on a specific type of training to maximise your physical improvement. These will rotate weekly so you will get to experience each type of training throughout the programme.

Both sessions will begin with a facilitated discussion around a healthy lifestyle topic based on the online handouts.

Focusing on your mental health

Having a long-term health condition can impact on your emotional health as well as your physical health. Understanding more about your mind and emotions can help you better manage your symptoms.

The impact on your emotional health is wide ranging and symptoms can include:

Anxiety	Social problems
Depression	Loneliness
Sleep problems	Body image
Fatigue	Anger and frustration
Pain	Low confidence or self esteem
Stigma and shame	

It is not unusual to experience feelings of low mood (depression or sadness), anxiety (worry, fear) or stress when you have a long-term health condition.

Ongoing symptoms of fatigue and sleep disruption can further impact your mood and sense of self and you may find it difficult to do things that you would like to or could previously do more easily e.g. exercise. These are understandable reactions which for some people can start to cause difficulties in themselves.

We will consider these difficulties and look at techniques to better manage your emotional wellbeing. You will be able to discuss these with your Rehabilitation Specialist.

Mood changes

Mood changes are very common, especially feeling low or depressed or anxious and worried. Many people also feel overwhelmed. It's not uncommon to become more withdrawn or isolated or to feel frustrated, resentful or angry. Many people report feeling 'broken' or like they have become a different person. We will be exploring mood changes in more depth throughout the programme.

Adjusting to change

Experiencing changes to your body, or experiencing a stressful health event, can be a significant life adjustment, and it's normal to feel upset or even confused, or to have strong emotions of many kinds.

Emotional adjustment can also remind us of difficulties we have had in the past, such as previous traumas, losses or adjustments. It is very common for some current events to bring up the same emotions we have felt in the past about other situations.

If you are experiencing ongoing difficulties with intrusive memories or nightmares, reliving difficult events, feeling isolated irritable or guilty, and this is affecting your sleep, concentration or daily activities contact your GP for advice as this could be a sign of post traumatic stress.

Loneliness

Many people with long-term health conditions report feeling lonely. There are lots of different reasons for that. Some people feel they can't socialise with friends and family in ways they would like to. This can be because they feel they can't contribute enough to social situations, because of changes to diet alcohol intake or lifestyle, or that pain gets in the way.

Many people also feel they don't want to share vulnerable feelings with friends and family through fear of upsetting them, being a burden or being seen as weak.

What are the signs of loneliness?

It can be hard to know when you're feeling lonely. Many people with long term health conditions may have these feelings and not realise they are signs of loneliness. However, noticing these difficult emotions may help you to find ways to deal with them:

- ♦ Constantly feeling tired
- ♦ Feeling easily rejected
- ♦ Getting very upset in disproportion to the situation
- ♦ Feeling depressed
- ♦ Feeling hopeless.



How has having a long-term health condition impacted on my emotional health?

Write down any changes you have noticed or your thoughts and feelings in the following areas:

MOOD	SOCIAL INTERACTIONS
SLEEP	BODY IMAGE
RELATIONSHIPS	PHYSICAL SENSATIONS