



**Kiwi Resolutions Ltd**  
Reducing Conflict, Finding Solutions

# **KIWI RESOLUTIONS**

## **STAFF WELL-BEING PACK**

The global coronavirus outbreak has meant that severe restrictions are in place for all members of society, and we are sure the extra restrictions you are having to face right now are difficult to adjust to.

In order to stop the spread and reduce the number of deaths, we must all do things that are different from our normal routines. We at Kiwi Resolutions have put together this pack for you to keep your mind occupied during this time.

We hope that some of the activities will help you through these unprecedented and frustrating times.

We hope to see you soon

All the Best

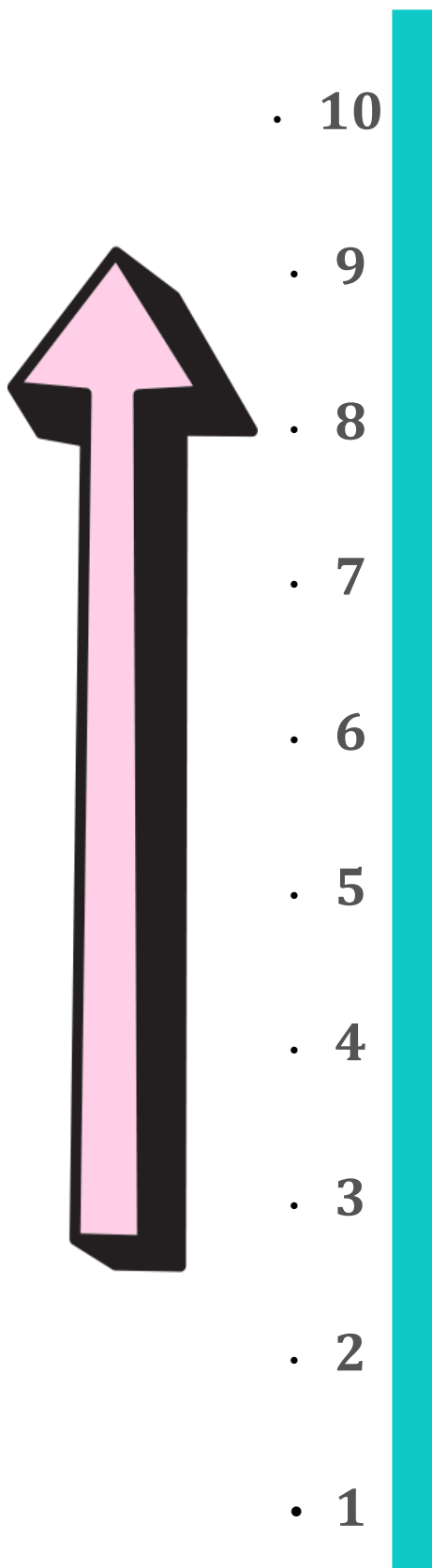


*“It always seems impossible, until it’s done”*

– Nelson Mandela

**Check in with yourself each day to measure how you're feeling**

**On a scale of 1-10 - how do you feel (1 not great - 10 feeling the best you can feel)**



**What can you do for yourself to help your mood improve?**

**Some of the following activities may help you. Or just keep your mind occupied.**



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# **EASY ENERGY-BOOSTING SNACKS**

## **TO GET YOU THROUGH THE WORK DAY**

### **An apple with peanut butter**



The combination of the healthy fats and protein in peanut butter will create the perfect snack. One tablespoon of peanut butter and one medium apple will give you four grams of protein and still be less than 200 calories. Keep a jar of peanut butter in your office kitchen and tuck an apple into your purse or pocket before you head to work.

### **Yoghurt and cereal**



Look for a cereal brand with 150 calories or less, at least 5 grams of fibre and as much protein as possible. Eat it with Greek yogurt or Icelandic yogurt for additional protein instead of milk - one container of strained yogurt has 16-20 grams leading to increased fullness.

## **Veggies and hummus**



### **1. CARROTS**

Carrots are high in Vitamins A, E and K, which all contribute to improved vision. Their crunchiness makes them easy to dip in our favorite dip.

### **2. RADISHES**

Radishes are a great source of magnesium, potassium and Vitamin C. They support healthy liver function and can aid in detoxification of the gut.

### **3. SWEET POTATO**

Sweet potatoes have endless health benefits! They are high in fiber, vitamin B6, and antioxidants. Sweet potatoes help improve your blood sugar regulation, help prevent rheumatoid arthritis, and maintain collagen in your body.

## **Dark chocolate**



Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Studies show that dark chocolate can improve your health and lower the risk of heart disease. If you buy quality dark chocolate with a high cocoa content, then it is actually quite nutritious. It contains a decent amount of soluble fibre and is loaded with minerals.



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# MINDFULNESS

Yes, we 've all heard of it – and some do it, but we could all do with a reminder of just how useful it is to stop - free up your mind - take a few minutes to relax

Especially in these stressful and worrying times.

So, give it a go, individually or as a group.

It can be as simple as just – closing your eyes and breathing calmly – focus on just your breathing – slow inhale and slow exhale – do this until you feel relaxed.

Then stay there a little longer and think of clear blue skies/warm sun/or anything that makes you feel relaxed – could be a bar of chocolate!

Or just that your toes are connected to feet.

The idea is to fully empty your mind of anything except you for a little while.

Those who practice this a lot will tell you it becomes one of the ways to calmly get through the day.



## 1. Mindful Breathing

This exercise can be done standing up or sitting down, and pretty much anywhere at any time. If you can sit down in the meditation position, that's great, if not, no worries.

Either way, all you have to do is be still and focus on your breath for just one minute.

1. Start by breathing in and out slowly. One breath cycle should last for approximately 6 seconds.
2. Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.
3. Let go of your thoughts. Let go of things you have to do later today or pending projects that need your attention. Simply let thoughts rise and fall of their own accord and be at one with your breath.
4. Purposefully watch your breath, focusing your sense of awareness on its pathway as it enters your body and fills you with life.
5. Then watch with your awareness as it works work its way up and out of your mouth and its energy dissipates into the world.

If you are someone who thought they'd never be able to meditate, guess what? You are half way there already!

If you enjoyed one minute of this mind-calming exercise, why not try two or three?



## 2. Mindful Listening

This exercise is designed to open your ears to sound in a non-judgmental way, and indeed to train your mind to be less swayed by the influence of past experiences and preconception.

So much of what we “feel” is influenced by past experience. For example, we may dislike a song because it reminds of us of a breakup or another period of life when things felt negative.

So, the idea of this exercise is to listen to some music from a neutral standpoint, with a present awareness that is unhindered by preconception.

Select a piece of music you have never heard before. You may have something in your own collection that you have never listened to, or you might choose to turn the radio dial until something catches your ear.

1. Close your eyes and put on your headphones.
2. Try not to get drawn into judging the music by its genre, title or artist name before it has begun. Instead, ignore any labels and neutrally allow yourself to get lost in the journey of sound for the duration of the song.
3. Allow yourself to explore every aspect of track. Even if the music isn't to your liking at first, let go of your dislike and give your awareness full permission to climb inside the track and dance among the sound waves.
4. Explore the song by listening to the dynamics of each instrument. Separate each sound in your mind and analyse each one by one.
5. Hone in on the vocals: the sound of the voice, its range and tones. If there is more than one voice, separate them out as you did in step 4.

The idea is to listen intently, to become fully entwined with the composition without preconception or judgment of the genre, artist, lyrics or instrumentation. Don't think, hear.



### 3. Mindful Appreciation

In this last exercise, all you have to do is notice 5 things in your day that usually go unappreciated.

These things can be objects or people; it's up to you. Use a notepad to check off 5 by the end of the day.

The point of this exercise is to simply give thanks and appreciate the seemingly insignificant things in life, the things that support our existence but rarely get a second thought amidst our desire for bigger and better things.

For example: electricity powers your kettle, the postman delivers your mail, your clothes provide you warmth, your nose lets you smell the flowers in the park, your ears let you hear the birds in the tree by the bus stop, but...

- Do you know how these things/processes came to exist, or how they really work?
- Have you ever properly acknowledged how these things benefit your life and the lives of others?
- Have you ever thought about what life might be like without these things?
- Have you ever stopped to notice their finer, more intricate details?
- Have you ever sat down and thought about the relationships between these things and how together they play an interconnected role in the functioning of the earth?

Once you have identified your 5 things, make it your duty to find out everything you can about their creation and purpose to truly appreciate the way in which they support your life.





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# GRATITUDE JOURNAL

Whilst we are living in stressful times it's important to try and think positively.

Fill in the following journal – it will help you focus your thoughts on the positive things we can be grateful for.

Start with your daily intention

**Intentions** are expansive. **Intentions** aren't to be confused with goals: They are about who you want to be, what you wish to contribute to the world, and how you choose to touch the lives of others.

**Example:** I intend to show acts of kindness today, opening myself to any possibility to bring joy into the life of another

List the things you are grateful for – and why.

Where are you on the happiness scale?

Use the solution focused scales (pg 2) to see what steps you need to take to improve your mood.

Write down 3-5 things you are grateful for. Try to write a few sentences for each entry, rather than a bulleted list.

**1. What was the best thing that happened in the last 24 hours?**

*Example: This could be as simple as enjoying a few moments of sunshine on your way to work, or cooking a delicious, healthy meal.*

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**2. Who is someone you are thankful to have in your life?**

*Example: Think of someone who cares about you and shows you how they care through small actions: a simple phone call, birthday card, or even just a smile.*

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**3. What is the most important thing in your life, right now?**

*Example: Describe something that is going well for you: maybe you like your family is doing well, or you have good health. Pick one thing and write several details.*

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**4. What is something you take for granted in everyday life?**

*Example: If you live in a developed country, you probably have running, potable water. You use it every day to drink, clean, shower, use the bathroom, cook, etc. Feel into how lucky you are to live somewhere that has instant access to clean water.*

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**5. Describe a current or recent memory of nature: a nice view, plant or animal.**

*Example: What flowers are in bloom? Or see a bird outside the window?*

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# Gratitude Journal

Date:

Daily Intention: \_\_\_\_\_

Today I am Grateful For:

- 1) \_\_\_\_\_  
\_\_\_\_\_
- 2) \_\_\_\_\_  
\_\_\_\_\_
- 3) \_\_\_\_\_  
\_\_\_\_\_

A Goal for Tomorrow:

\_\_\_\_\_  
\_\_\_\_\_

Happiness Level:



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Happiness Level:



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\_\_\_\_\_

A Goal for Tomorrow:

\_\_\_\_\_  
\_\_\_\_\_

Happiness Level:





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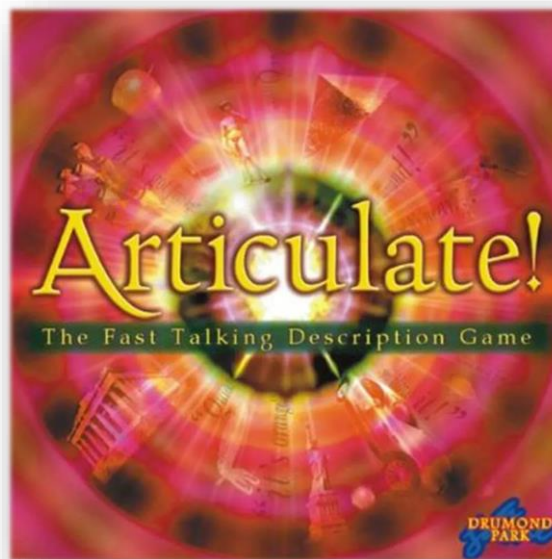
# **DISTRACTION ACTIVITIES**

We are all in this together – that's the message we keep hearing so here are a few activity ideas that you might want to try to distract your residents whilst they spend more time locked in their cells.

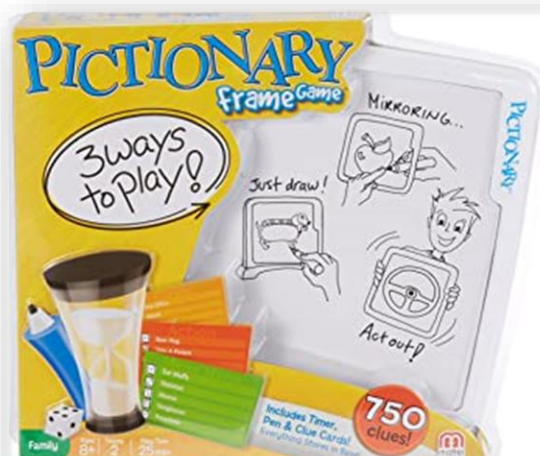
It may be fun and pass the time

**Articulate:** the aim of the game is to describe the word without actually saying it. You can write words on pieces of paper and take them out of a tub/bag/box etc.

For example: animals/sports/professions/food etc.















**Pictionary:** have a big flip chart board on the wing - the officers to draw a picture for residents to guess



























**Exercise bingo** – Print the sheets on the next pages, you'll need 2 dice.








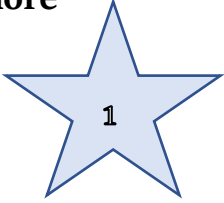




Residents and officers must do the exercise on the sheet- with the corresponding number








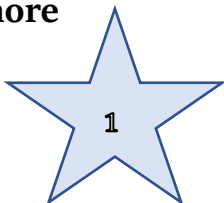




**Kiwi Resolutions recommends you consult with your doctor before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. Exercise at your own pace and don't over exert yourself.**

<b>10 mountain climbers</b> 	<b>5 push ups</b> 	<b>5 Side lunges</b> 	<b>15 push up</b> 
<b>15 star jumps</b> 	<b>Running on the spot: 30 seconds</b> 	<b>10 star jumps</b> 	<b>5 forward lunges</b> <b>Swap legs</b> <b>5 more</b> 
<b>10 squats</b> 	<b>Plank: 10 seconds</b> 	<b>5 squats</b> 	<b>Plank: 15 seconds</b> 

5 squats 	5 push ups 	5 Side lunges 	15 push up 
15 star jumps 	Running on the spot:30 seconds 	10 star jumps 	5 forward lunges swap legs 5 more 
10 squats 	Plank: 10 seconds 	10 push ups 	Plank: 15 seconds 

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**Only take part in exercise if you feel able to – do not overexert yourself and rest when needed – stop if you feel any pain**