

TUNING IN TO YOURSELF



THE TREASURE WE SEEK



Feeling connected with people living with later stage dementia



Welcome to Tuning in to Yourself

'Tuning in to Yourself' is the first of a group of four Treasure Hunt resources, developed in the Treasure project. Tuning in to Yourself can be used on its own, or alongside the other resources in the Treasure Hunt pack.

The 'Treasure Hunt' resources are designed to generate space for you to think about how you are before, during and after the visit. The resources also offer a bundle of ideas for you to possibly try out during the visit which may go some way in creating opportunities for connection.

What kind of Treasure Hunt is this?

At the heart of the idea of a 'Treasure Hunt' within the Treasure project, is the view that there are gems and treasures to be found when engaging with people in the later stages of dementia. The gems and treasures to be found are moments of feeling connected.

To go on a Treasure Hunt is to be open and intentionally look for opportunities for connection, with the person with dementia, in ways which might be new or a bit different to what you have tried before. The treasures to be found might be in the tiniest of moments, a small spark or a new discovery.

Tuning in to Yourself

Tuning in to Yourself is a resource for personal reflection, which invites you to take a pause for yourself before the visit. The resource describes a range of ideas for becoming aware of how you are feeling and how you would like to prepare for your online visit with your family member/friend.

Suggested time for this Resource: 10 mins

Purpose: To start the Treasure Hunt from a place of acknowledging how you are in that moment.

What's involved

The steps involved in Tuning in to Yourself are:

- 1) Noticing & Acknowledging
- 2) Naming & Accompanying

While it has been designed for you to do on your own, you may like to share your thoughts and feelings with others. You will need a pen.

These steps have been inspired by the work of Elderflowers (Hearts and Minds) who are therapeutic arts practitioners who work with people with advanced dementia. For more about the Elderflowers visit www.heartminds.org.uk.

1) Noticing & Acknowledging

Think about how you are feeling right now as you prepare for your online visit with your family member/ friend. Notice any sensations in your body. This could include:

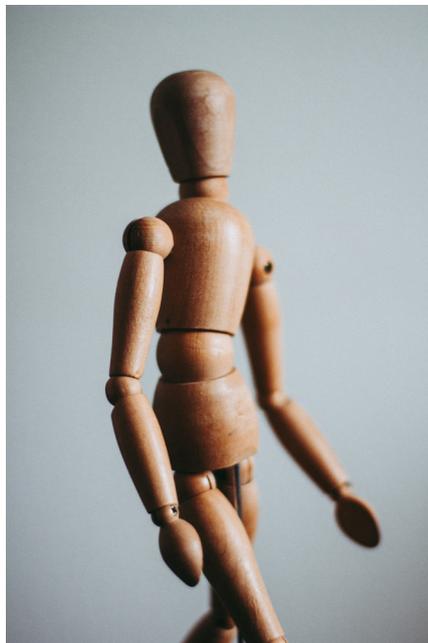
- checking for places where you feel relaxed/ energetic/ tense/ tired/ hot/cold
- checking in with how your breathing is and how your heart is beating
- checking out for anything else you notice

Draw an outline of your body. Fill in this outline in whatever way you like*, any of the sensations you noticed. If you are feeling these sensations in particular parts of your body, for example you notice your feet are cold, you may want to fill this in on that body part below.

* You may want to colour-in certain areas, write words, draw another image, doodle.

1) Noticing & Acknowledging

Do any of these words, or others you come up with yourself, fit with how you feel right now? Jot these emotions on or around the image of your body.



- anxious
- exhausted
- sad
- awkward
- stuck
- overwhelmed
- embarrassed
- uncomfortable
- frustrated
- disappointed
- confused
- powerless
- flustered
- confident
- connected
- calm
- supported
- respected
- heard
- excited
- pleased
- fortunate
- hopeful
- safe
- included
- comfortable

Look back at what you've written or drawn on the image of your body. Spend a few moments acknowledging this is how you are now. The purpose is not to change or pass judgement on how you are, just to become more aware.

2) Naming & Accompanying

The focus of Naming & Accompanying is to consider how you would like to feel during the visit and any small steps that might help these feelings to be present.



Going back to the list of emotion words, select one or two emotions that you would like to experience during the visit. Write these word(s) down.



Draw a horizontal line and write 'a little' at one end of the line and 'a lot' at the other. Place one emotion word you've chosen above this line. Mark an 'O' on the line that represents how much you are feeling this emotion just now. Now mark an 'X' where you would like this emotion to be during the visit. Your 'X' may be the same place as your 'O', or to the right or left.



What one or two small things could you do that may help the emotions you selected to be where you would like them to be during the visit? Write these ideas down.



Thinking about the emotions you selected you are now invited to consider if there is an object which could be a source of support during the call? Is there any object in your surroundings that helps you to feel the emotion you would like to feel during the visit? It could be a piece of clothing, a cup, a memento, a photo. If you feel it would be helpful, bring the object and have it beside you, to accompany you, to remind you of the emotion that you would like to experience during the visit.

One Small Treasure

Is there one small treasure – a thought, emotion, experience – from your time tuning in to yourself that you would like to hold on to for yourself or share with others? If one comes to mind, you could write it down, to keep it as part of the Treasure Chest you are creating here.

