



My Lockdown Covid-19 Challenge **by Lesley Harris, PainPals Volunteer**

So here we are in social isolation, how can I turn this into a positive..... I have decided to challenge myself to do as we are taught through the Pain Management Team and remember 'I Matter'!

Daily Challenge ... Do something new (there's more but these are my favourite so far)

I have learnt how to improve my posture... I can now walk around the lounge with a book on my head Absolutely had me in stitches. Benefit =

1. Laughter the best mood lifter going
2. More aware of my posture and it is actually improving!

Learnt to Dance again hilarious as I struggle with rhythm so started by doing the Oti Mabuse dance lesson on YouTube each day and this has led to me looking for more and I can now do something from my bucket list and do the Waltz box step. Now don't get me wrong I have to tailor these things to my best ability but I am having fun. Benefit =

1. Laughter the best mood lifter going
2. I am moving more, with better posture (remembering to pace of course)
3. I am actually losing fat.
4. I can achieve, if I make it fun enjoy it.

Join in the Dorset Art Eye-Spy window display group on Facebook. Benefit =

1. Rekindled my love of arts and craft so now making cards again.
2. Following my Mantra 'Make someone smile every day' as people walk past my house and see the displays.

Jo Wicks pe lessons every Monday to Friday – goodness that's hard but has tailored it to my ability and without going past my limits. Benefits =

1. After 4 weeks I can actually do nearly a full 30 tailored minutes
2. I feel better, more energised more days than not.
3. I've got more toned.

Phew seeing it written down, I have and shall continue to achieve a lot. **Why not join in and start your own challenge, go on give it a try and have some fun along the way.**



On top of all the above Meditation is my saviour, I practice before I get up and when I go to bed as well as anytime I need it to ground myself in between. I use Insight Timer. There are also loads on YouTube.

I love Tai Chi my favourite is on YouTube and is Michael Dunstan Tai Chi Qigong 18 Seated Version



Benefit = Exercised and chilled in one. Love it!

Always end the day on a positive and make someone smile its contagious in a positive way. Be kind. We can do this!

I hope you have enjoyed reading my journey so far. I will be bringing some useful hints and tips together soon on making life a little easier for those of us in chronic pain.

Lesley 😊