



**TO PRISON
WELLBEING**

PLAN 'B'

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Prison life can be tough and there are times when we all need a **PLAN B**.

Do you sometimes wonder how to make the best use of your time when you're locked in your cell? Would you like to know some simple ways to increase your wellbeing?

PLAN B offers **5 ways to prison wellbeing**.

Five areas of prison life where you can find a bit of ease, calm, hope and even your smile. Remember it's the small things you do that can add up to make a big difference.



BREATHE
LOOK AFTER YOUR BODY
EXERCISE YOUR BRAIN
BEFRIEND YOURSELF
BE POSITIVE



BREATHE

We all know how to breathe. But when we are feeling a bit tense or angry we lose touch with our breath.

Taking **3 DEEP BREATHS** can help us let go of tension and find a moment of calm.

Try it now.

A deep slow breath in. And then as you breathe out, letting go of any tension in the body. Repeat 2 more times. Breathing in calm, breathing out letting go of tension.

Having a healthier body makes us feel better.

It's not always easy to be active in prison but with a little effort and creativity it is possible. For example, gentle stretching can be very beneficial. Regular simple exercises are good for us too.

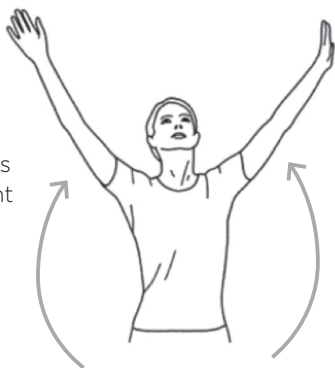
Create a plan for yourself for stretching and exercising regularly for ½ an hour, 3 or 4 times a week. Why not start, by trying the simple exercises on the next page?*

*If you have any existing injuries or long-term health problems, please take medical advice before starting any exercises. If the exercises hurt, or cause any sort of strain, then stop!



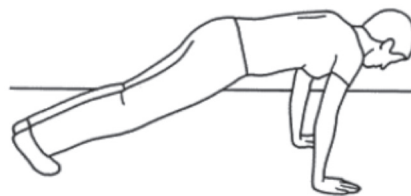
Standing tall

Standing upright, legs shoulder width apart, begin with your arms by your side and slowly raise your arms as you breathe in and count to 8. Hold the posture for a few seconds and then slowly lower your arms and breathing out counting down from 8. Repeat 6 to 10 times.



Cat stretch

Get on all fours. Place your hands beneath your shoulders and your knees beneath your hips. Allow your back to assume its natural position (neutral spine) and look straight ahead. Inhale and as you exhale allow your head to slowly drop forward and create a C shape with your spine. Keep your abdominals pulled in. As you inhale in return to neutral spine, then go further into the arch, sticking your tail and head upward. Repeat 6 to 10 times.



Plank

Place hands directly under shoulders and balance weight between your hands and the balls of the feet. Your body should remain in a straight line and your abs should be pulled in tight. Don't lift or droop the hips - keep them in line with the body. Make it easier by dropping to your elbows or to your knees. Breathe steadily throughout the exercise. Hold for a count of 20 to 30. Then rest.

Table top

Lay flat on your back. Slowly lift your knees toward your chest until they are directly above your hips and your knees are bent at 90 degrees. Breathe in and out focusing on relaxing your whole body. Pull your abs in and toward the ground while keeping the thighs relaxed. Remain in this posture as long as the body is relaxed and abs are pulled in. Lower the legs slowly to end the exercise.



MY EXERCISE PLAN

My progress

Having an exercise plan is helpful too. It is important to have a balanced plan (stretch, stamina, strengthen, rest). So get some advice from someone from the gym if you can. And set yourself some goals and keep a record of your progress.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Activities							
Time spent							
Week 2 Activities							
Time spent							
Week 3 Activities							
Time spent							
Week 4 Activities							
Time spent							

EAT WELL

Look after your **BODY** inside & out

Eating a healthy, balanced diet in prison is not always easy. But knowing what is good for us can help us make choices wherever we can. Here are a few tips.

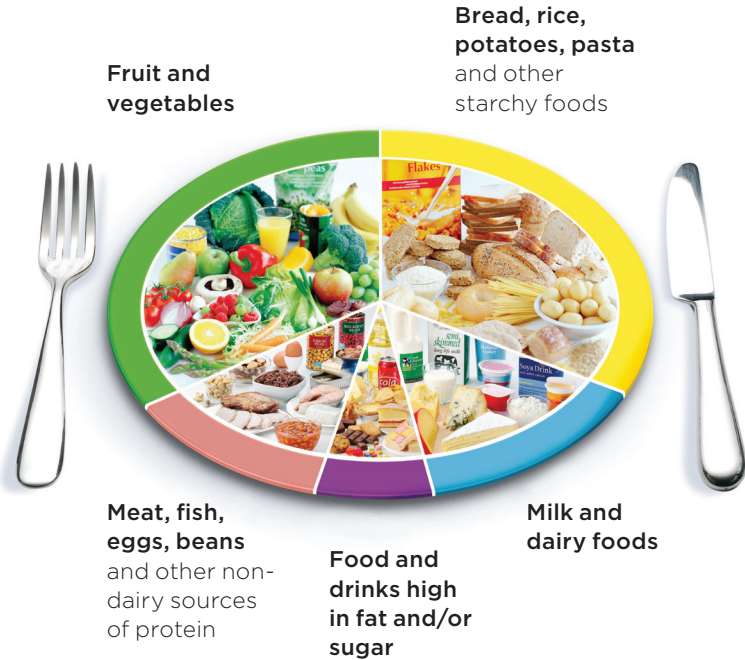
Watch the carbs. Potatoes, cereals, pasta, rice and bread should make up around one third of the foods you eat.

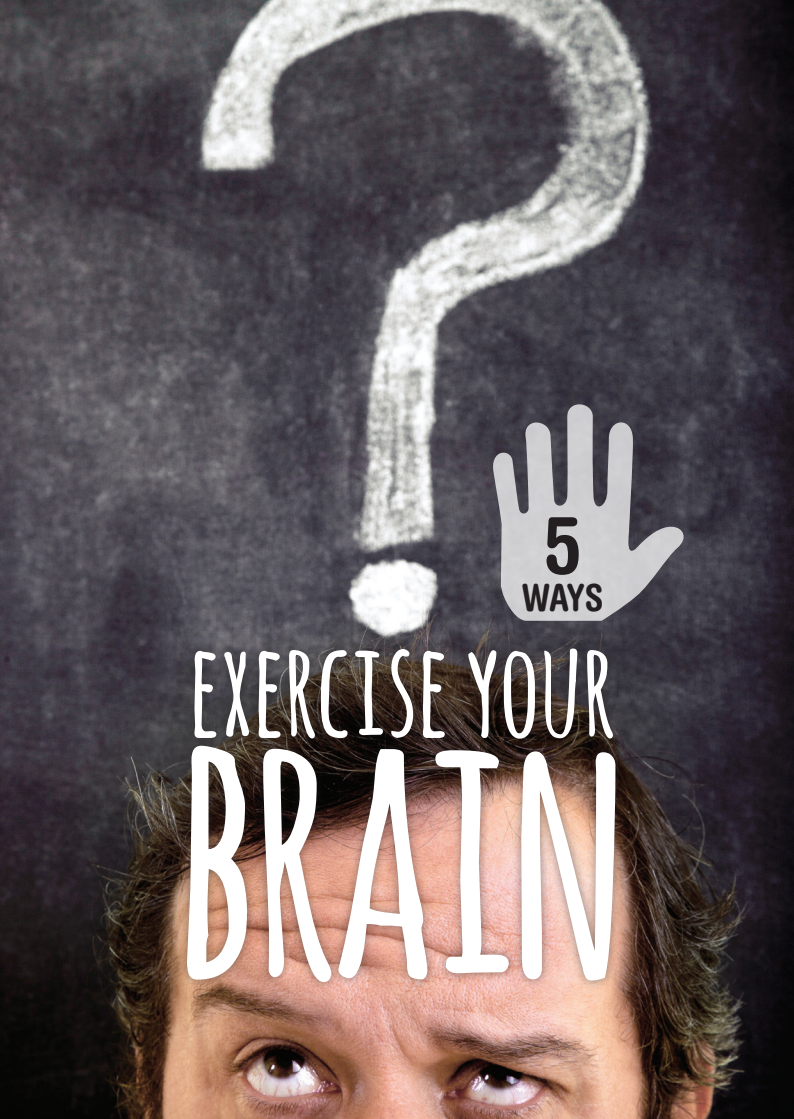
Fruit and veg can boost the immune system, eat them whenever you can.

If you eat meat, add fish to your diet. It's great for wellbeing.

Cut down your salt, too much can be harmful.

And drink plenty of water so you don't get thirsty. It helps maintain healthy kidneys, major organs, muscles and skin.





EXERCISE YOUR BRAIN



Keeping our minds active is good for us.
Very good.

The great news is that there is a way
to exercise the brain to suit everyone.
Here are a few examples:

Read a book, newspaper or magazine

Learn a new skill

Do a puzzle

Do some drawing, write some poetry

Share and discuss your ideas

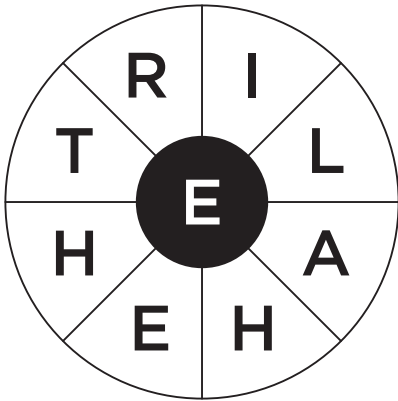
Play a game

What other ways can keep your
mind active? Try out some of the
puzzles on the next pages and find
something that suits you. Spend some
time exercising your brain every day.

Wordwheel

How many words of 3 letters or more can you make using the word wheel?

All of the words need to include the letter in the centre circle, and there's one 9-letter word which uses all of the letters in the wheel.



Sudoku

Can you solve this tricky Sudoku?

The object of Sudoku is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

		3	1		4			
6		1		7		9		
	8				2		5	
3					1		9	
9			4		5			7
	4		7					6
	1		5				2	
		6		9		8		5
			8		7	4		

Play a game: Dots and Boxes

Object of the game: To close as many boxes as you can.

Set up: (2 players) Lay out a grid of dots. You can play with as few or as many dots as you like.

Instructions

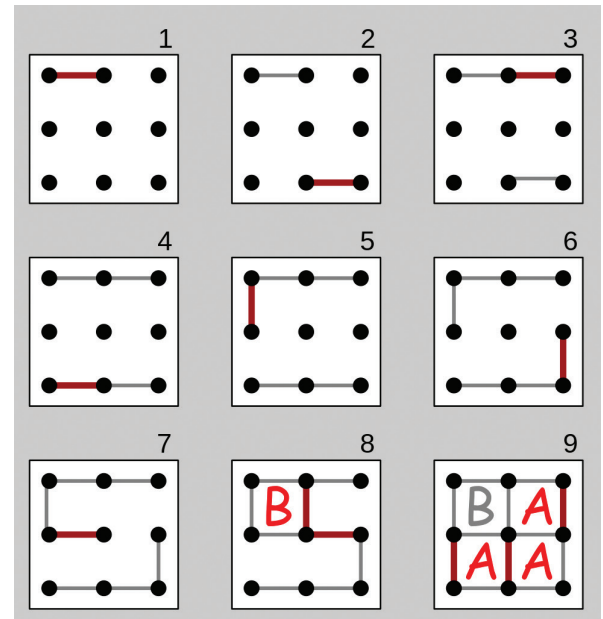
Each player chooses a different colour pencil or pen.

The first player draws a straight line between two adjacent dots. You cannot draw diagonal lines.

The second player draws a line between two dots.

Play continues in this way until a player can close a box. After closing a box, player puts his initial inside to 'claim' it. He then gets another turn. If he is able to close an additional box, he gets yet another turn, until he cannot close any more boxes. Play then continues with the other player.

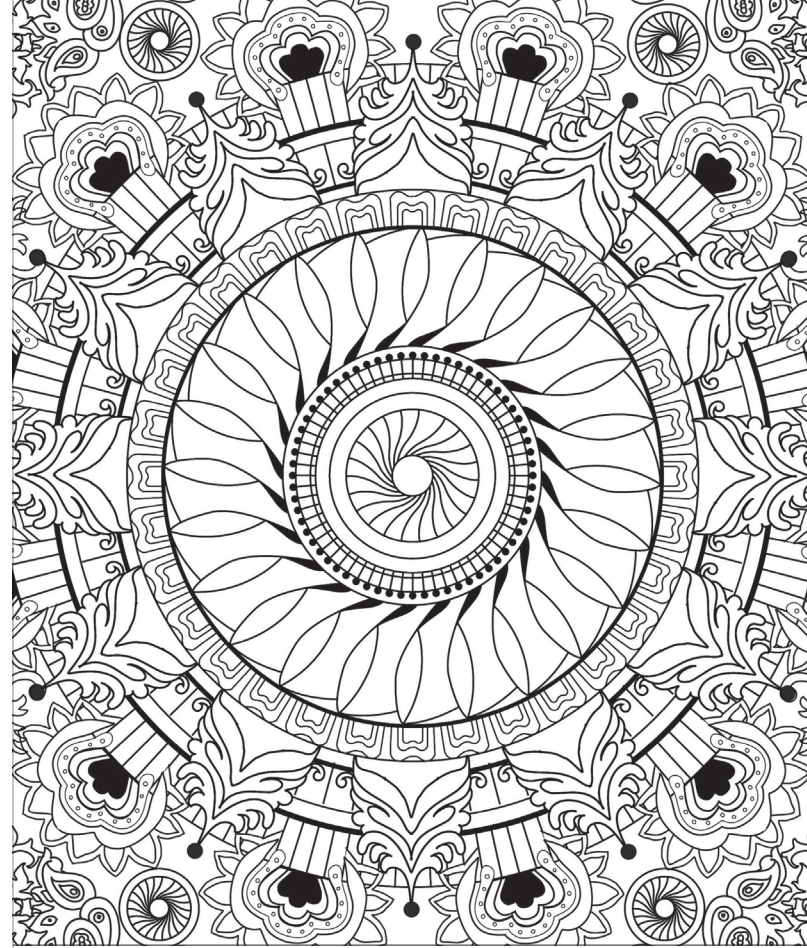
Use the space here to try it out.



Doodle

Doodling has been shown to be good for us too. It helps us to concentrate, be creative and calms the mind too.

Use this space to have a doodle right now. Use the dots and lines to help get you started.



Colouring-in

Colouring-in is not just for kids. It's good for all of us.

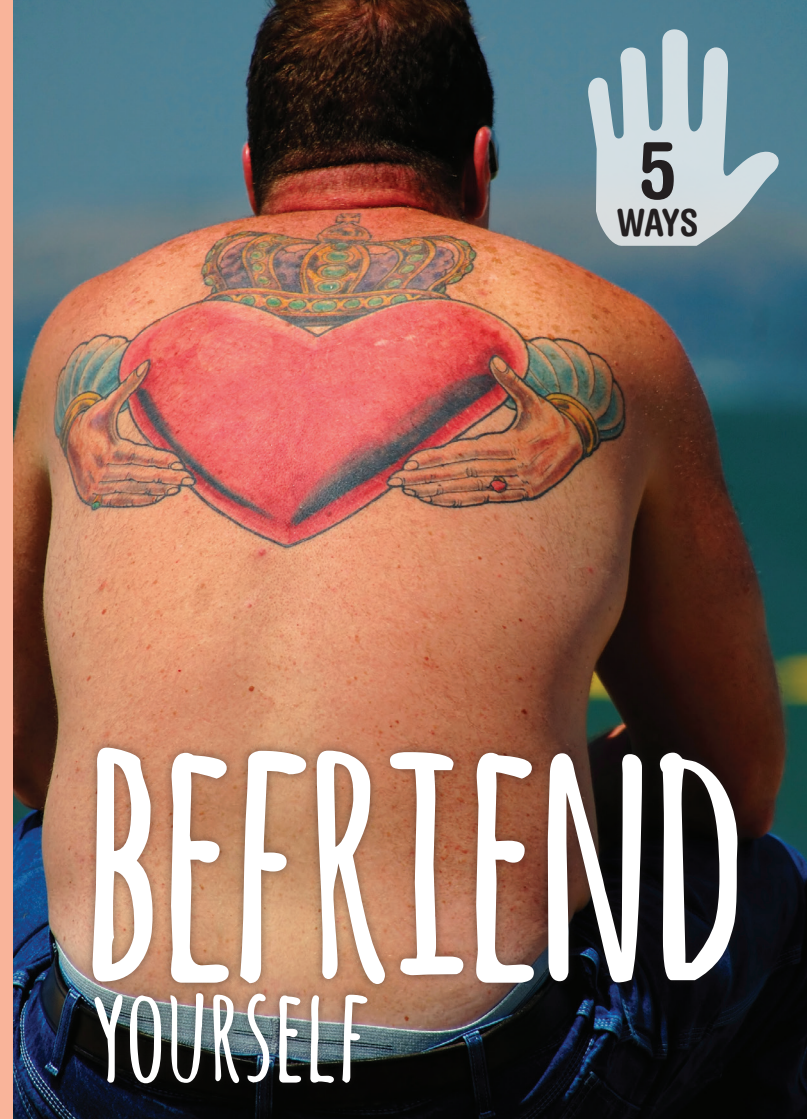
We are social creatures. That's why prison can be a lonely place at times.

But we can also benefit from a better relationship with ourselves.

When things are not going well or you make a mistake, what do you tell yourself inside? Do you give yourself a hard time?

Often we treat ourselves harshly.

But imagine being a bit kinder to yourself. Being like a supportive and caring friend when you need some support. What would that be like? Probably more pleasant.



BEFRIEND YOURSELF

Befriend yourself exercise

Write down the things you might say to yourself inside if you make a mistake or things are not going well. (*You can use the space at the bottom of the page.*)

Notice how this feels.

Now write down the kind of things that you would find encouraging or reassuring – try and be a caring and supportive friend to yourself.

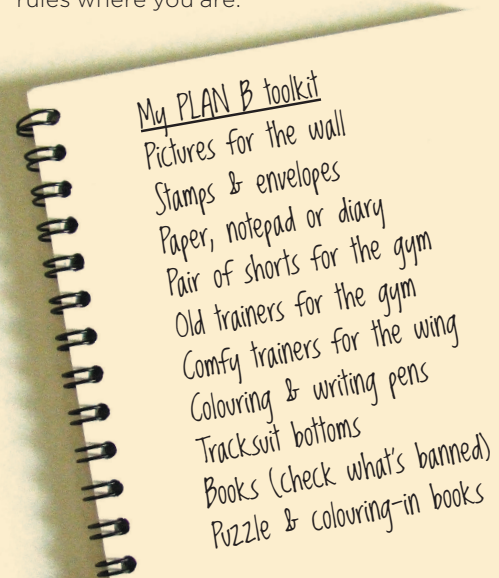
Notice how this feels.

If you find these encouraging words helpful then may be write them down somewhere to remind you next time when you start giving yourself a hard time, you can chose to be a caring supportive friend to yourself too.

BUILD YOUR OWN PLAN B TOOLKIT

Why not ask a friend or family member to post or bring in some of the following things for you? You can use them to build your own PLAN B toolkit that you can dip into when you need it.

Unfortunately, the rules about what you are and aren't allowed to keep in prison change all the time, so you might like to double-check current rules where you are.





BE
POSITIVE

Prison is no laughing matter.
It's not designed for us to have fun.

But it's OK to find ways to make life a bit easier, to be grateful or happy about small acts of kindness or being reminded of the things we care about.

Being kind to others when we get a chance is good for us too.
An encouraging word or gesture can mean a lot.

Do you have a photo or memory that makes you smile?

Has someone been kind to you or done you a favour recently?

Have you encouraged or supported someone recently?

You also might find happiness in poetry, reading, writing or staying connected through letters.

Pause for Thought

I've spent my whole life running
From myself or just my mind
Am I running from my troubles?
Knowing I can't rewind

In my early years in care homes
I kept running from place to place
Wearing the same fake little smile
To mask a scared little face

I've spent years living on the streets
From hostels, squats or outdoors
Running from abuse and addiction
Sleeping on cold, concrete floors

From home to foster care
From streets to this cell
Isn't it time I stopped running?
To escape my own very hell

To give normal life another chance
I hear my poor, tired mind say
So now I've decided to slow down a bit
To just walk from day to day

J Vice, *HMP Eastwood Park*
First published at: www.insidetime.org

My Mind

My mind is like
The colour of the night
Void of emotion
Flat lined and lifeless
Yet the sight of your smile
Brought something back
An emotion not felt
Since a heart became lost

T Goodall, *HMP Bullingdon*
First published at: www.insidetime.org

For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation.

Rainer Maria Rilke

Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens.

Khalil Gibran

MY PLAN B

Create your own PLAN B. Think about the 5 themes and note down on pieces of paper the things, no matter how small, you're doing already to **Breathe**, Look after your **Body**, Exercise your **Brain**, **Befriend** yourself and **Be** positive. Notice when these work best for you. Maybe even enjoy caring about your own wellbeing.

Now imagine as best you can anything else that might increase your wellbeing. Maybe write down some ideas on pieces of paper and arrange these alongside the 5 themes. Which ideas seem most appealing and workable? What's the next step to making them happen? - What things do I need? (pens, paper, advice, help).

And when you are ready, try out some of your ideas. It can be helpful to keep a note of how things turn out. Remember the great thing about *your* PLAN B, is that you can design it to suit your needs.

What works for me already?

My Ideas. Next steps?

Breathe

I breathe and count to 10 and I find that really helps to calm me down when I am feeling agitated and angry.

Learn how to meditate.
I need to find out a bit more from someone who does it already.

Body

Sometimes I do a few press-ups and sit-ups in my cell.

Try out some stretching.
I need to draw-up an exercise plan or I won't stick to it!

Brain

I like books about nature.

Take up drawing again.
Get hold of some art stuff.

Befriend yourself

I remember what my old art teacher told me: "I have potential and I can make something of myself".

I'll start keeping a diary and note down when I've done something well.
Get a diary!

Be positive

I keep in contact with my family by phone.

Write to nan.
Get some paper and envelopes and some help with letter writing.

USEFUL CONTACTS

Inside Time

Newspaper for prisoners
PO Box 251, Hedge End
Hampshire SO30 4XJ
01489 795 945
www.insidetime.org

Email a prisoner

Unilink Technology
Services Limited
PO Box 1450
Bristol BS39 7WD
03333 70 65 50
www.emailaprisoner.com

Prisoners Advice Service

PO Box 46199
London EC1M 4XA
020 7253 3323

Prison Fellowship England & Wales

Letter-writing to prisoners
PO Box 68226
London SW1P 9WR
020 7799 2500

Prison Reform Trust

15 Northburgh Street
London EC1V 0JR
0808 802 0060

Howard League for Penal Reform

1 Ardleigh Road
London N1 4HS
0207 249 7373

Samaritans

Freepost RSRB-KKBY-CYJK
PO Box 9090
Stirling FK8 2S
08457 90 90 90

Narcotics Anonymous (NA)

*Free helpline for people
needing support and advice
about drug addiction*
0300 999 1212

Alcoholics Anonymous (AA)

*Free helpline for anyone
with a drinking problem*
0800 9177 650

Feedback We welcome comments and feedback on PLAN B. You can do this either in writing to:
Happy City, 1st Floor, Canningford House,
38 Victoria Street, Bristol BS1 6BY
or if you have access to the internet, email:
PlanB@happycity.org.uk



BACK-UP

THANK YOU!

PLAN B was produced with thanks to the involvement of prisoners from Bristol Prison, and the work of the team at Happy City.



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