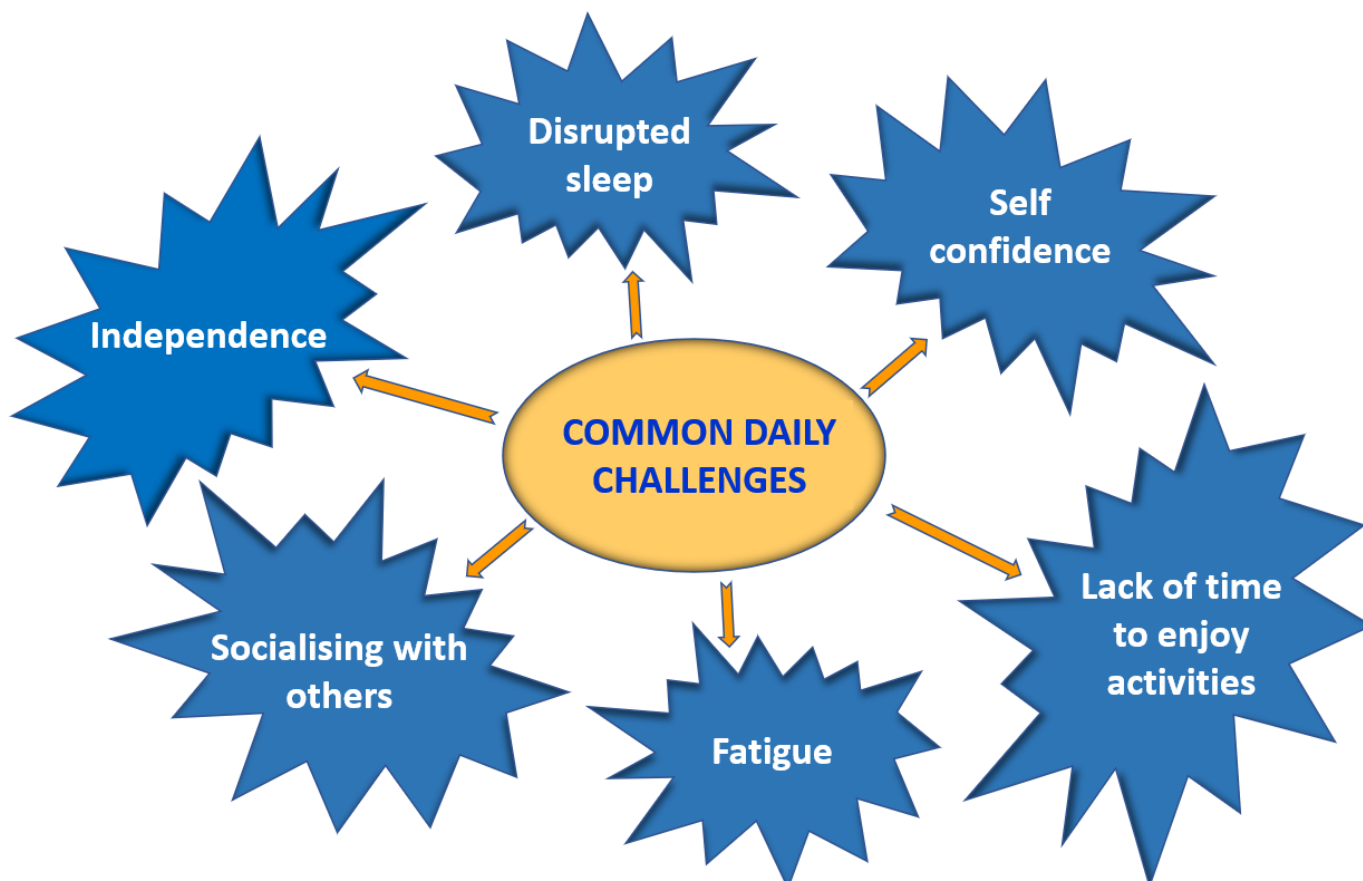


Managing psychological well-being:

Top tips for adults living with home parenteral nutrition

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Looking after your psychological well-being and managing the demands of home parenteral nutrition involves facing physical and emotional challenges on a daily basis.



Here are some practical tips to help maintain your psychological well-being.

When reading this, it is important to remember **you are unique**, and because of this some tips may be more relevant than others to you.

1. Remember what is most important to you.

Living with home parenteral nutrition can place restrictions and barriers to doing what you most want to do. Thus, keeping in touch with aspects of life, or life “values” that are most important (e.g., being a good parent, friend, being spiritual, being creative, being intimate, going to work) is helpful. Doing this will allow you to take stock of where you are now and also help you decide how to best move forward.

- Think about your activities and actions on a daily basis – Are they helping you to be the person you want to be? Are you living your life according to what is important to you?

- Take time to “notice” what has happened each day. For example, “Today I am grateful that...” “Two things that went well today were...” Focus on what is in your control and pay attention to things that are going well.

2. Connect with friends and family.

Keeping in touch with friends and family will help to reduce any feelings of social isolation.

- Keep in touch in creative ways, for example, in person, Skype, video calls, text messaging.
- Use social media in a way that feels most comfortable for you. Social media can help people to gain reassurance, but for others this can feel unhelpful and anxiety provoking. Remember your situation is unique to you and how you use these platforms is an individual decision based on personal preference.
- Use a smartphone to access online activities and form connections, for example, through virtual book clubs, film clubs or quiz nights. Consider involving your friends in this too.

3. Take time to enjoy day to day life.

Taking time to enjoy activities around your home parenteral nutrition regime is vital for psychological well-being. It is important to find activities that help you feel good about yourself. For example:

- Crosswords, reading, puzzles and mindful colouring. These activities can help occupy time and give purpose and pleasure to a day.
- Consider NHS recommended smartphone apps, many of which are free to download, or visit the ORCHA website (www.orcha.co.uk). This website contains NHS recommended smartphone apps such as Cove, Sleepio and Headspace and many are free to download.

4. Consider a daily routine.

For some people, having daily routines around their nutrition can be helpful. For others this is not always possible and/or leads to feeling that daily life is too rigid. Some common examples that have been reported to be helpful include:

- Having regular times for waking, going to bed and getting dressed each day.
- Having a regular time to take a daily walk or do some physical activity.
- Including some relaxation time into a daily routine. This can help maintain mood and manage any anxieties and worry.

5. Seek support when needed.

For some individuals, living with a long term physical health condition can impact psychological wellbeing, with low mood, depression and anxiety commonly reported.

- If you find yourself overwhelmed by distress, it is important to talk to someone you trust rather than bottling up your feelings.
- It is also important to remember that help is available from mental health services, often via visiting your GP. Such services can help you cope by allowing you to talk about your thoughts, feelings and experiences.
- If you require immediate support in a crisis situation, remember you should contact your GP immediately and/or local Accident and Emergency Department. The NHS website contains lots of information about services available (www.nhs.uk/using-the-nhs/nhs-services/mental-health-services).

Useful resources

Books:

- The Happiness Trap – Russ Harris

Websites:

- ORCHA - www.orchaco.uk.
- NHS UK - <https://www.nhs.uk/apps-library/category/mental-health>