

## WAKEFUL REST

Embrace small moments of pause in the daytime when not sleeping well. Guided meditation, listening to music, colouring, reading, swimming, gardening, to give the mind a break

## GET OUTSIDE

Nature therapy improves mood and relieves anxiety. Nature sounds (birdsong, waves lapping) calm the nervous system. If you can't get out, bring nature in with plants and flowers

## SELF MASSAGE

Warm some oil in your hands, inhale the scent, breathe out slowly. Stroke gently down your neck from ears to shoulders. Lavender calms, Rose balances emotions, Citrus energises.

## 54321 METHOD

A grounding exercise to manage anxiety and stress.. Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste.

## BUTTERFLY HUG

A self-soothing technique to alleviate anxiety, panic and distress. It involves rhythmic breathing and tapping to create a sense of comfort and safety (a self-hug). See Youtube for videos

## PRACTICE GRATITUDE

Affirm the good things you receive and give thanks. Reflect each evening on 3 things you are grateful for from the day. ie. "Even though I was sick today I'm grateful my sister visited"

# 5 MINUTES SELF-CARE