

5 MINUTES SELF-CARE

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

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"

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.

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

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.