TOOLS TO HELP YOU FEEL BETTER

1

Take a minute to breathe:
Slow your breathing and give yourself a moment to reset.

2

Notice the positives:
Note three things that went well today, no matter how small.

3

Look after the basics:
Have a glass of water and eat something nourishing.

4

Put on some music:
Choose something that lifts your mood or helps you relax.

5

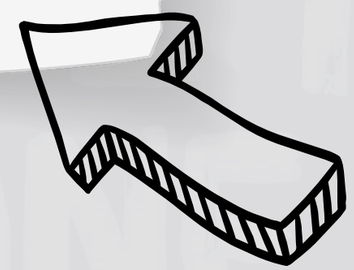
Get outside:
Spend 15 minutes outdoors, even if it's just a short walk.

6

Reach out:
Message someone with a simple, "Fancy a chat?"

Sometimes, small things can make a big difference.

If you're having a difficult day, try one of these simple steps.



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ONE LIFE LOST IS ENOUGH