

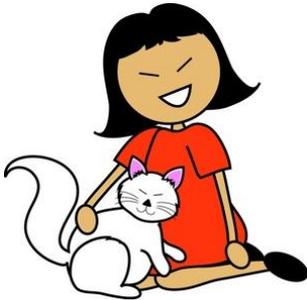
Ideas to help you focus and calm down

Using Nature

Take time out and feed the bird in your outside space



Pamper and stroke a furry pet



Adopt or buy a house plant, be responsible for it, see it grow and help your local atmosphere

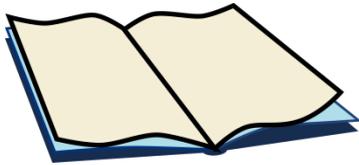


Personal and Self

Think about your **positives**. Put them in a Kenning (poem where each line has 2 words and second word ends in er.....Dog lover

Hard worker

Friend supporter



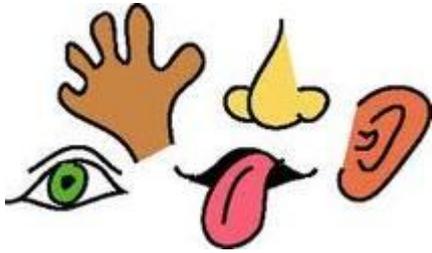
Have a really good **laugh**. The effects can last between 12 to 24 hours, muscles are exercised and blood pressure is lowered.



Smiling helps you release “happy hormones”. Pass your smile on



Senses A to Z. make an alphabetical list of things you like to taste, touch, smell listen to and see



Take some **exercise**

