

TOP 10 TIPS

1. If there are any issues or concerns that are niggling you or you constantly worry about things and issues then attempt the following:
 - Sit back and become aware of your thoughts.
 - Can you put a name to these thoughts or emotions?
 - Are they straining or draining you or are they boosting you in energy?
 - Can you identify what is causing these thoughts: circumstances, people or your own emotions?
 - Stay with these thoughts, be mindful of their presence and do some simple breathing exercises: breath in whilst counting to 4 and breath out for 4.
 - You may find your thought drifting away, but keep on bringing them back in to awareness.
 - Eventually you will find that if your thoughts were draining or straining, they will begin to have less impact and a calmer self will come in to being.
2. Take up a hobby - this could be anything from walking to painting.
3. If you are physically able to, then go out at least once a day for an hour, no matter what the weather.
4. Join a local group or a class to make new friends and to learn something new.
5. Have some 'me' time if you are a carer.
6. Do something different each day – bring a change in to your daily routine, even if it feels very little.
7. Become aware of changing events in your life.
8. Take as much time as you need to process the change, but do not bury it. Be aware of it, *become* aware of it. By learning to embrace change, no matter how painful, we ease the flow of life for us.
9. If things still feel overwhelming, don't be afraid to ask for help.
10. Always remember that you are not alone. Help and support is only a phone call away