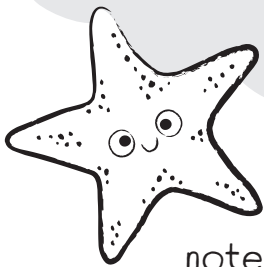


# MY WAYS TO WELLBEING

## TAKE NOTICE

During each day, take a moment to stop, look and listen to the world around you. Try to notice your feelings.

### I LIKE TO DAY DREAM ABOUT...



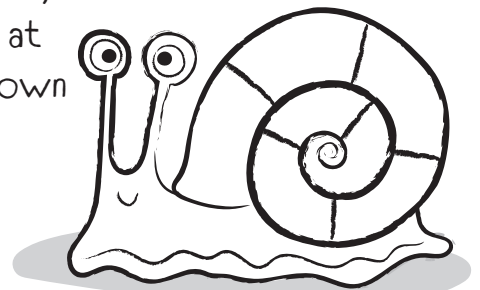
Keep a notebook of 3 Good Things from each day.



### MY FAVOURITE BREATHING EXERCISE IS...

### I CAN BE KIND TO MYSELF BY...

**SLOW DOWN...** Take your time, breathe, and move at your own pace



Use your senses! Count nearby things you can see, hear, smell, touch and taste.

### MY FAVOURITE PLACE TO STOP AND TAKE NOTICE IS...