

Get an early night

Give yourself permission to rest or take a nap

Drink plenty of water

Find a herbal tea that will support your need i.e. Camomile to relax or ease pain

Listen to music that makes you feel relaxed/happy/hopeful/positive/inspired

Cook/eat a nutritious meal – it's great to cook well & eat well even if it's just for you.

Connect with nature – use your senses, walk bare foot in the garden or on the sand, smell the air, notice the sounds of nature

Meditate /Focus on your breath

Learn some mindfulness techniques

Switch off from your own drama and watch a movie/Tv Series/ Box set

Limit your exposure to news programmes

Talk to yourself with kindness and compassion

Say 'no' to requests of help when you are sleep deprived or low on emotional reserve & or when you just don't want to. It's OK to say no!

Hug those you love and accept offers of hugs

Accept offers of help

Be thankful for what you have

Be honest about how you are feeling – it's ok when you 'own it' i.e. 'I feel angry'

Accept compliments with grace – 'Thank you'

Be selective with the company you keep

Limit screens time phone/PC/Zoom etc

Catch up with a friend

Allow yourself a sweet treat

Add a few touches to your bath, like bubbles, candles or music

*Now, try to think of some tips that help you to re-set and find a balance*