

## IDEAS TO HELP US FEEL BETTER

Try some of the Ideas below to help you feel Better when you are feeling Anxious or Worried

<p><b>Dance to your favourite Song</b></p> 	<p><b>Make a list of things you are Good at</b></p> 	<p><b>Imagine your favourite Place</b></p> 
<p><b>Talk to Someone</b></p> 	<p><b>Hug your favourite Toy</b></p> 	<p><b>Do a full Body stretch</b></p> 
<p><b>Think of a happy Memory of Family or Friends</b></p> 	<p><b>Get Moving</b></p> 	<p><b>Read your favourite Book</b></p> 
<p><b>Do some Colouring</b></p> 	<p><b>Take some Deep Breaths</b></p> 	<p><b>Watch your favourite T.V. Programme</b></p> 