

WEE TIPS TO HELP FEEL MORE RELAXED

- * Include relaxation in your every day routine
- * Cultivate compassion & kindness for yourself & others
- * Read for 6 minutes a day
- * Cut back on stimulants e.g., coffee
- * Stay hydrated & eat a balanced diet
- * Learn to let go. Ask for help if you need it
- * Make time for you
- * Find what makes you happy
- * Avoid procrastination
- * Appreciate nature



To me,

This is to remind me, I can make changes if I choose, to which are good for my wellbeing and I have the right to make my own plans and have my own dreams. I made a promise to myself to:

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Even if I forgot, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps; no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx 

“Calm mind brings inner strength and self-confidence, so that’s very important for good health.”

- *Dalai Lama*



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