## (SELF = LIFE-CARE RING WAY CHILL YOU LOOK AFTER YOUR WILLBERMS. TIMEWITH ENOUGH FRIENDS WATER? Tick the ones that feel right for you, and write your own in the HIS WITH OR OTE: blank spaces PLAYING OF OUTSIDES Listen to your favourite **MORE IDEAS...**

- Do a breathing exercise (like Starfish breathing)
- Get moving! Run or dance
- Get plenty of sleep

- music maybe sing along?
- Eat (mostly) healthy food
- Talk about your feelings with someone you trust