



# 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...



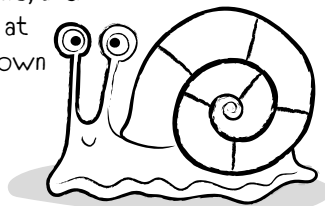
Keep a notebook of  
3 Good Things  
from each day.



### MY FAVOURITE BREATHING EXERCISE IS...

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

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



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

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

