

Body & Mind Self-care Exercises

START SMALL

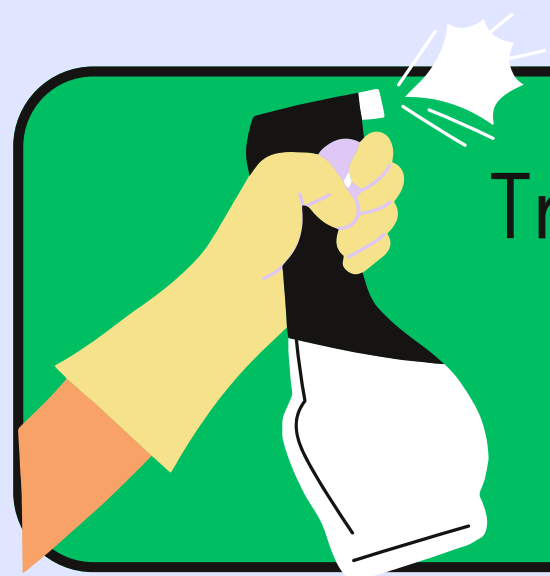
You can start from small goals to big ones, from just a simple walk each day to some at home pampering.
Your choice!

REMINDER

It can take time to form new routines and habits, but stick with it, changing our behaviour can help us to cope with difficult feelings.



Try meditation, YouTube have short videos to guide you.



Try de-cluttering or tidying your space.

Keep a gratitude jar or write a list each week.



Start to set boundaries, it's okay to say no if you need to.



Think about your morning routine,, do one small thing your future self will thank you for.

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