

TIPS FOR A TOUGH DAY

Every once in a while, we all have a tough day or couple of days. It can feel overwhelming and like there's no way out but there are always things you can do to feel a little better.

Try making a list of things that make you feel good. These can be very simple things that are easily manageable. For example:

- Take a walk outside
- Try some of the mindfulness ideas in our resources
- Do something creative
- Speak to a friend, parent or carer
- Have a warm bath or shower

See how many things you can tick off your list. You may be surprised how good it makes you feel!