

## Ways to help yourself

1. List times when you feel good:

Example: Dancing

2. Are you able to draw upon the above list to bring more happiness into your everyday life? If so how?

Example: Yes, I could join a dance class or use Youtube for some inspiration on dance, e.g. '5 Rhythms for beginners'

3. What other things can help you feel good?

- singing (especially a funny song)
- humming
- laughter therapy
- smiling (even when you don't feel like it)
- keeping a humour journal including things that make you laugh
- writing down compliments and anything positive
- music (especially if you have a 'feel good' positive association with it)
- being a bucket filler, e.g. brainstorm acts of kindness and carry these out
- learning a new skill
- practicing something mindful such as knitting, crocheting, sewing, painting, music, reading a good novel
- joining a choir
- exercise and more exercise, this can be as simple as walking regularly and cleaning

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4. Outdoor Swimming:

<https://harmony4life.co.uk/free-outdoor-swim-therapy/>

5. Gratitude and achievement therapy

<http://harmony4life.co.uk/resources-2/>

6. Practising mindfulness (with or without a meditation app)

Consider downloading Insight Timer/ Calm/ Headspace or other free Meditation Apps from Playstore if you haven't already and try to use these daily when you wake in the morning or are drifting off to sleep.

I personally find Insight timer really helpful. This includes free hypnotherapy tracks such as Glenn Harrold's on Anxiety plus Jennifer Piercy's which is really good. Here are some keywords to try; hopefully you will find something that works for you:

- \* Jennifer Piercy- Yoga Nidra
- \* Glenn Harrold (he has a Hypnotherapy MP3 on anxiety)
- \* Confidence
- \* Anxiety
- \* Mindfulness