

## Try these for a Peaceful Mind



**Everyone is a bit fed up because of the lockdown and the pandemic is not going away. So here are some brilliant suggestions to help when you're feeling down or low in mood. Here are some things that really work.**

1. Bake a cake and eat it with a nice hot drink
2. Dance – no one can see you! Enjoy the moment
3. When talking to others, be kind and also be kind to yourself.
4. Put some flowers in a vase where you can see them every day.
5. Work on friendships; ring or Zoom a friend.
6. Go for a walk. The exercise will keep you healthy (remember to stay safe and local)
7. Grow something; some herbs in a window box, some veg in a veg plot, some flowers or shrubs. Sunflowers are wonderful and give a fantastic display.
8. Think about the things you enjoy and accept the things you can't change. Write these down, it's good to stay upbeat.





9. Listen to music of your choice and chill
10. Watch a favourite box set.
11. Find your voice; speak up or get involved in a cause. You will meet likeminded people and feel like you're making a difference.
12. Dress in something gay and colourful. It's fun, people will smile and you will lift your spirits!
13. Practice listening to others and enjoy the relationships around you.
14. It's OK to be sad; it's good to let go and cry sometimes.
15. Try a bubble bath
16. Write a diary or a journal – this can help when you're stressed
17. Read a book or some poetry
18. Start a memory box
19. Try a new recipe and treat yourself to a lovely dinner.
20. Light a candle (but don't leave unattended!)
21. Have a house picnic in your house or in your garden

**Try and do three of these positive things each day, they will improve the quality of your life and support you to have a peaceful mind.**