Talk honestly with someone you trust

Take low and slooow **breaths**

Actively listen to your friends

X Don't expect **so much** of yourself

Write one positive thing that happened recently

Remember all the people you have in your life to talk to

Recognise how you feel and know it's okay

Do something **kind** for yourself to feel better

Clear your head with a walk or doing something active

zzz **Get a good** night's sleep

Acknowledge **all the challenges** you've managed well

Write your own...

BritishRedCross

150 years the power of **kindness**