



**Give**

As it is World Book Day this month, perhaps you could share a book with a friend that you've enjoyed reading. Maybe you could even try writing your own story. What genre would you choose?

**Connect**

Do you, or a family member, have an animal you can pet? Petting animals release a relaxation response. Your body releases hormones that can play a part in elevating your mood and lowering anxiety. Give it a try!

**Take Notice**

The first day of Spring occurs in March. Nature brings us lots of changes – leaves growing on the trees and flowers beginning to bloom.

Have a look around you. What signs of Spring can you see in your garden or local park?

**Keep Learning**

Learn what makes **you** happy and feel good. Perhaps you could create a collage or scrapbook of these ideas. They might be drawings, photographs or just words. You can add to it when you learn new things that make you smile.

**Be Active**

Being active doesn't always need to be high energy. Try taking a gentle walk and then do some stretches. How many muscles can you feel when you stretch? Afterwards, sit quietly and breathe slowly, counting each breath in and out.