

Go for a spin

Natural Exercise

- Shopping
- Gardening
- Looking after grand-children
- Cooking
- Washing

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Communication Skills

- Avoid misunderstandings
- 'I' messages
- Listening

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Managing Tiredness

- Rest when you need to
- Know when you are tired
- Monitor energy levels

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Belonging

- Spiritual
- Social
- Family
- Connect with others

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Positive Self-talk

- Change negative thoughts to positive
- Pat yourself on the back
- Be kind to yourself
- Recognise achievements

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Understanding Emotions

- Emotions impact our lives
- Be aware of your emotions
- You can manage

Relaxation and Breathing

- Relaxation is individual
- Relax in 30 seconds – take 6 breaths
- Practice belly breathing

Eat Wisely

- Healthy eating habits
- Sufficient water
- Good choices
- Enjoy everything in moderation

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Support Networks

- Partnerships
- Who is there for you?
- Working well together
- Share challenges

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