





 A man in a white shirt is standing next to a small, two-story brick house. He has his hand to his chin, looking thoughtful or concerned.	<p><b>How are you feeling?</b></p> <p>Does it feel strange being home all the time?</p>
 A woman with red hair is hugging herself, looking down with a sad or distressed expression.	<p>When things change we can feel <b>SCARED</b> or unsettled.</p> <p>It's <b>NORMAL</b> to feel like this.</p>
 A woman is holding her head with one hand, looking distressed. Next to her is a detailed illustration of a human brain.	<p>You might feel:</p> <ul style="list-style-type: none"><li>- Changes in your <b>BODY</b>.</li><li>- Changes in your <b>THOUGHTS</b>.</li></ul>
 A woman is sleeping peacefully in a bed with a purple pillow and blanket. She is wearing a white t-shirt with a cartoon character.	<p>You might have <b>TROUBLE SLEEPING</b>.</p>
 A woman is covering her face with her hands, looking down, suggesting she is crying or feeling sad.	<p>You may feel <b>TEARFUL</b> or <b>SAD</b>.</p>

	<p>You might feel <b>GRUMPY</b> or in a <b>BAD MOOD</b>.</p>
	<p>You might have:</p> <ul style="list-style-type: none"> <li>- a <b>STOMACH ACHE</b> or</li> <li>- need to <b>GO TO THE TOILET</b> more often or less often.</li> </ul>
	<p>There are <b>things you can do that might help you feel better</b>.</p> <p>Here are a few ideas.</p>
	<p><b>Talk About How You Feel</b></p> <ul style="list-style-type: none"> <li>- To a family member</li> <li>- To a friend.</li> <li>- To your support worker.</li> <li>- Or to someone else you trust.</li> </ul>
	<p><b>Mindfulness</b></p> <ul style="list-style-type: none"> <li>- This can help by thinking about <b>what is happening now</b>.</li> <li>- It can help to sit down somewhere quiet, <b>close your eyes and listen to your breathing</b>.</li> <li>- There are many Mindfulness YouTube videos to help you relax.</li> </ul>

	<p><b>Music</b></p> <ul style="list-style-type: none"> <li>- Music can remind us of happy times.</li> <li>- Listen to your favourite songs.</li> <li>- Or find some new music to listen to on YouTube.</li> </ul>
	<p><b>Writing About How We Feel</b></p> <ul style="list-style-type: none"> <li>- Writing things down can help us understand how we feel.</li> <li>- Start writing a diary,</li> <li>- Or draw how you feel.</li> </ul>
	<p><b>Being Thankful</b></p> <ul style="list-style-type: none"> <li>- Spend some time each day being <b>thankful for the good things in your life.</b></li> <li>- Draw or write three things that make you happy.</li> </ul>
	<p><b>TV</b></p> <ul style="list-style-type: none"> <li>- You could watch a <b>favourite film or TV Programme.</b></li> <li>- Or try a new one.</li> </ul>
	<p><b>Keep Drinking Water</b></p> <ul style="list-style-type: none"> <li>- It helps our bodies to work properly.</li> <li>- If we don't drink enough it can affect our mood and we can have less energy.</li> <li>- Try to drink six to eight glasses of water every day.</li> </ul>



### Eat and Drink the Right Things

- **Avoid too much caffeine** in tea and coffee. Try fruit teas, squash or water.
- Also **avoid too much sugar** in juices or biscuits.
- We can feel low once the sugar and caffeine wears off.



### Healthy Eating

- Try to eat lots of **fresh fruit and vegetables**.
- Eating well makes us feel good and improves our mood.
- Maybe **try a few new recipes!**



### Exercise

- Exercise can **make us feel better**.
- It can make us feel happier and stop us feeling anxious in the first place.
- YouTube has lots of free workout videos.



### Faith / Spirituality

- Spiritual beliefs can help us feel connected to something bigger than ourselves.
- For some people it helps to **pray**.
- This can **help us to feel calm and relaxed**