

3 ideas to help you feel better:

N°1

Recognise your good qualities.

Alone, we often find it difficult to see ourselves clearly. Ask people who know you well to help you list your strengths. If they see it, others will see it too!



N°2

Listen to your body. If you feel pain or difficulty, it is probably an alert. Don't be afraid to ask your friends and family for help or go to the GP.



N°3

Breathe. If you feel stressed during the day or before an important event like an interview, you can do small, simple exercises in breathing, meditation, or positive visualization.

Close your eyes and inhale through your nose, expanding your stomach. Then, exhale slowly through the mouth. Repeat this 5 to 10 times.



TAKE CARE OF YOURSELF

➔ When people talk about self-confidence, what do you think?



- ☐ I get nervous in front of others.
- ☐ I lack self-esteem, I feel useless.
- ☐ I am not comfortable in my body; I worry people are judging me.
- ☐ I want to make a good first impression.

➔ If you have ticked one or more of the boxes then this leaflet is for you. Together let's discover ways for you to gain confidence and better connect with others.

Why not check out our leaflet on improving your sleep?

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Have calmer days



Whether we are busy at work, home, or just going through a period of inactivity, we can sometimes **feel overwhelmed**.

It's time to find ways to help us feel a **little more serene** in our daily lives.

PUTTING ME FIRST

Taking time for yourself allows you **to be more efficient and open to others**. Over the course of a day, we devote time to caring for loved ones and managing work and day-to-day tasks. But it's important to also **create space to do something that makes you happy**.

SOME IDEAS TO TRY

→ **Clear your mind** by going out for a walk and enjoying your surroundings.



→ **Try something new**
A puzzle, listening to a new music artist, making a photo album etc.

→ **Give yourself a relaxing neck massage** next time you have a shower.



KEEP A SCHEDULE OF YOUR DAYS AND PUT IT ON YOUR WALL OR FRIDGE!

- This helps you plan your days and keep track of your achievements.
- Others become aware of everything you do, making it less difficult to ask for help.

MAKE LISTS

- Write down things you have to do during the day; upcoming appointments, shopping lists etc.
- It's a great way to remember things.
- It relieves the mind: once it's noted, you don't have to worry about it!



Be open to new activities

CHANGE CAN SEEM HARD BUT IT CAN BE SIMPLER THAN YOU THINK

HERE WE SHARE

3

TIPS FOR FEELING BETTER

1 Leave the house

Visit your local library, community or youth centre (or check online) to find out about nearby activities: reading groups, cooking classes. There's lots you can do...

The +: Sometimes local centres have free activities and events!

2 Meet new people

Help those around you: volunteer at a local charity, walk your neighbour's dog, accompany an elderly person for a short walk...

The +: I make myself and others happy!

3 Get moving

Join an association or a club: Regular meet ups are a great way to make a new activity a habit.

The +: I get moving and meet new people with the same interests as me!