

'Cast all your anxiety on him because he cares for you.'

The Bible - 1 Peter chapter 5 verse 7 (New International Version)

The NHS says that paying attention to 'the present', thinking about our thoughts, feelings, our body and the world around us, can help improve our mental wellbeing. It can help us to understand ourselves better, how we feel about ourselves and how we respond to what is going on.

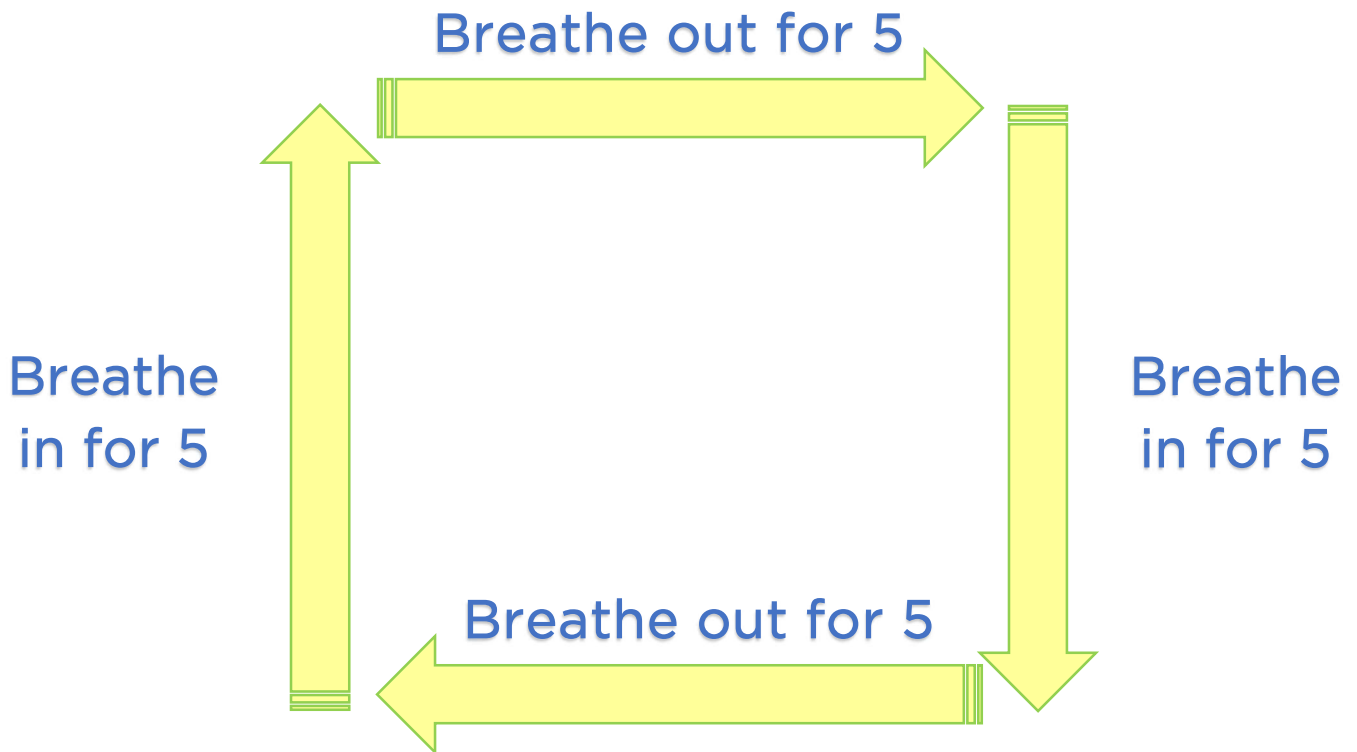
Rest and Sleep

One of the keys to being present is to ensure that you are well rested and not overly tired. Having a good bedtime routine is a good place to start. Have a go at making up your own bedtime routine in the space below

R E S T

Take time to **STOP** and **NOTICE** what is going on around you. Take time to **BREATHE**.

Use the shape below to help you. Move your eyes along the line and follow the breathing instructions. Slow and steady.



Take time to **STOP** and **NOTICE**; consider the questions below as you do this.

What can you see?

What can you hear?

What can you smell?

How do you feel?
Are you happy, sad, anxious?
Name your emotions.