

VERY
make a simple
moisturiser

- you'll need:
- porridge oats
 - sieve
 - bowl
 - cotton wool

- method:
- * place a handful of oats in a bowl with some cold water. Leave to soak for half an hour +.
 - * stir and then sieve out the soggy oats, collecting all the milky liquid.
 - + apply direct to skin with cotton wool.

Leaves skin soft, and calms skin irritations - great for eczema.

make a simple
bath bomb

- need:
- porridge oats
 - fresh herbs (e.g. sage, thyme, rosemary)
 - muslin cloth or old thin fabric (e.g. t-shirt, pants)

- method:
- * place 2 tbsps of oats in the cloth with the herbs. Tie with an elastic band or string.
 - * place in bath as it runs + enjoy!

time to care
FOR YOURSELF

breathing
exercises



- * Breathe in through your nose for 4 counts.
- * Breathe out through your mouth for 4. Repeat.
- * Build up to 7-8 counts so that your breathing slower + deeper.
- * Try before sleep - can help!

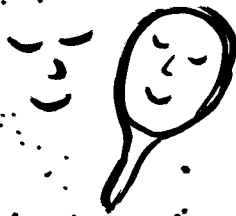
AUTOGRAPH

AUTOGRAPH

* thankful

do 3 quick drawings or paintings of things you are thankful for.

reflect



* what went well?

write down as many things as you can that went well and why, from the last week.



* in a safe place light a candle.

* focus solely on the flame, let your eyes rest.

time to care
FOR YOURSELF

remember this?



* take 2 slices of cucumber + place them over your eyes.



* Using both thumbs and index fingers, gently pinch your eyebrows. Start in the centre and work outwards. Hold each point for 6 seconds. Repeat.

* Starting again in the centre and working outwards, smooth over your eyebrows, pressing firmly and then releasing. Repeat.

Activates circulation and releases tension.