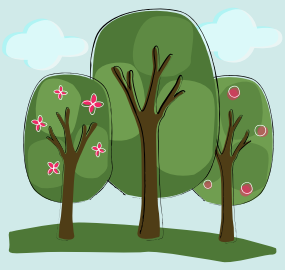
5 QUICK TIPS FOR FINDING CALM IN THE CHAOS

Take a breather.

The to-do lists will never end so take some time out - whether it's 2 or 20 minutes. Pour a cup of tea, just breathe. Close your eyes for a moment to reduce sensory input and minimise overwhelm.

Check in with your emotions.

Take a moment to identify what you are feeling, no emotion is permanent, ride the wave.



Nature nurtures.

Find a slice of nature, whether you can look up at the sky, a tree, a plant or some water - it can help bring perspective in the moment.

Drop your shoulders.

Take a breath, sit up tall and focus on your shoulder blades coming together and down your back. Feel the tension release down your body.

THANKYOU

Practice gratitude.

Think of or write down 3 things you are grateful for. Gratitude and stress cannot live in the same space.

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