



cornwall
people first



How are you feeling?
Does it feel strange being home all the time?



When things change we can feel **SCARED** or unsettled.
It's **NORMAL** to feel like this.



You might feel:
- Changes in your **BODY**.
- Changes in your **THOUGHTS**.



You might have **TROUBLE SLEEPING**.



You may feel **TEARFUL** or **SAD**.



You might feel **GRUMPY** or in a **BAD MOOD**.



You might have:
- a **STOMACH ACHE** or
- need to **GO TO THE TOILET** more often or less often.



There are **things you can do that might help you feel better**.

Here are a few ideas.



Talk About How You Feel

- To a family member
- To a friend.
- To your support worker.
- Or to someone else you trust.



Mindfulness

- This can help by thinking about **what is happening now**.
- It can help to sit down somewhere quiet, **close your eyes and listen to your breathing**.
- There are many Mindfulness YouTube videos to help you relax.



cornwall
people first



Music

- Music can remind us of happy times.
- Listen to your favourite songs.
- Or find some new music to listen to on YouTube.



Writing About How We Feel

- Writing things down can help us understand how we feel.
- Start writing a diary,
- Or draw how you feel.



Being Thankful

- Spend some time each day being **thankful for the good things in your life.**
- Draw or write three things that make you happy.



TV

- You could watch a **favourite film or TV Programme.**
- Or try a new one.



Keep Drinking Water

- It helps our bodies to work properly.
- If we don't drink enough it can affect our mood and we can have less energy.
- Try to drink **six to eight glasses of water every day.**



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**