‘MY PRESENT’ LIST

How do I rest my brain when it is busy or stressed? Our minds can be in the past (low mood) or in the future (anxiety) too much of the time.

A busy or stressed brain can find it hard to slow down. Give yourself a ‘present’ today. This can be anything to do with the senses in the here and now (touch, smell, sight, hearing, taste).

Example:

- Be tactile, example with pet
- Smell your favourite scent
- Colour or doodle
- Listen to favourite song
- Eat a strong mint

**Exercise:** Create a personal list of ‘presents’ you can access easily when you need to bring yourself back to the here and now. This is your toolbox of presents and is individual to you.