

'MY PRESENT' LIST

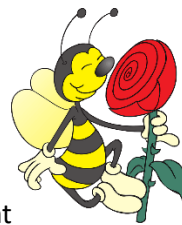
How do I rest my brain when it is busy or stressed? Our minds can be in the past (low mood) or in the future (anxiety) too much of the time.

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.