

Your first steps

ACTION STEP 1

Get grounded! Spend some time outside in nature, start to slow down.

ACTION STEP 2

If you're drinking coffee, and relying on sugar, start to cut back.

ACTION STEP 3

Take 10 breaths. Now, and then whenever you think of it (especially when you feel stressed, or as you're getting ready for bed).

ACTION STEP 4

Ask yourself - what makes me happy? Write a list. Can be small things - burning a candle, taking a bath, preparing a nice meal, spending time with friends or partner.

ACTION STEP 5

Starting to look out for pictures you can use to create a vision board of what you really want in your life.