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Treat yourself!

Write down some thing you do to cheer yourself up!
Try to make time for them regularly.

Who are you gonna call?

Write down the name and contact details of someone you trust and can talk to!

Have you ...



- ◆ ... taken your meds?
- ◆ ... drank water recently?
- ◆ ... eaten recently?
- ◆ ... checked your posture?
- ◆ ... moved moved?
- ◆ ... said hi to someone?

Other resources

Living Life to The Fullest:
→ www.11ttf.com
CALM:
→ www.thecalmlzone.net
The Samaritans:
→ www.samaritans.org

For Calm

Look around you!

Find:

- 5** things you can **see**
- 4** things you can **touch**
- 3** things you can **hear**
- 2** things you can **smell**
- 1** thing you can **taste**

In Case of Emergency

Call **999** or **111** for medical help



Call **116 123** free to talk to the Samaritans

Self Care Map

A small guide to self-care