

## Activities to help you Gather Your Strength

### Activity One

You are in the middle of huge emotional grief, feeling exhausted, doing things on autopilot, walking around with a heaviness that will not go away, the world is grey and without colour.

Can you find a couple of minutes to be kind to yourself and try this.....

Sit in a favourite spot, try to relax your whole body. Take one deep breathe through your nose and into your stomach, hold, then release slowly through your mouth, until all the air is gone, relaxing your shoulders.

Do this 3 times.



### Activity Two

Express your thoughts and feelings to relieve the stress you are holding in your mind and your body.

Writing down all the words that describe your feelings on a piece of paper. They don't have to form sentences or make sense. They can be words, pictures or scribbles.

Putting your feelings and thoughts on paper, pulls them out of your mind and allows you to look at them, acknowledge them. They are still with you but, you can choose to leave these thoughts and feelings sitting quietly out of your mind for a short time, while you do other things.



### Activity Three

Going for a walk and letting your mind clear, while you carefully observe everything around you, provides another way to allow yourself quiet relief.

You could be in your garden, or on your balcony. Take a moment to look at all the familiar things as if you are seeing them for the very first time. Observe the flowers

Relax your shoulders, close your eyes, breathe in through your nose and out through your mouth.

Now listen.....

Listen for different sounds – birds, wind, cars, sirens, kids laughing – listen intently.

Give yourself permission for a few minutes each day to enjoy other parts of your world.



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