



### **Activities**

1. Please take thirty minutes later today or tomorrow to reflect on the session and journal, here are some prompt questions to help:

What did I takeaway from the session?

How do I feel now?

What changes to my lifestyle and actions can I take to help manage stress & anxiety?

2. Give yourself a “Happiness Hour” today. Tell someone at home (or a friend if you live alone) that you’re going to do it and ask for their support to ensure you do, i.e. get your partner to watch the kids! Do anything that makes you happy for just one hour. Ignore your to do list and focus on you! It could be anything, perhaps a bath, a walk or read, something that you enjoy.

### **Book, Podcast & Application Recommendations**

Here are a number of books, podcasts and apps that have really helped me over the years in my journey with managing stress and anxiety through mindfulness. These recommendations are based purely on my own experience.

Mindfulness, A Practical Guide to Finding Peace in A Frantic World, Mark Williams & Danny Penman (Book)

A Mindfulness-Based Stress Reduction Workbook, Bob Stahl, PHD & Elisha Goldstein, PHD (Book)

Happy Place, Fern Cotton (Book)

Happy Place, Ferne Cotton (Podcast) – the Ruby Wax episode is amazing!

How to Fail, Elizabeth Day (Podcast)

Insight Timer (app)

Headspace (app)

### **Support**

Emotions can be overwhelming and I’m very aware that a short session with so many people in attendance could spotlight some intense feelings.

Remember, that it is OK to feel down or to have a good cry. These emotions will usually pass. If you’re still feeling down, please contact the person who’s name you wrote down at the start of the session to talk through. Journaling and getting it all onto paper can also help!

Should you still be feeling uneasy there are people who can help, please reach out to a professional, i.e. your GP (General Practitioner).

### **Sources**

The Feelings Wheel <https://journals.sagepub.com/doi/abs/10.1177/036215378201200411> & <https://www.loyola.edu/-/media/department/counseling-center/documents/emotional-feelings-wheel.ashx?la=en>