

Think about what makes you happy every day.

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Think about the last time you laughed.

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Give yourself a cuddle or a pat on the arm or chest.

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Be brave – try something totally new that you have never done before.

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Eat a snack and drink plenty of water.

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Write or draw all of the people that care about you.

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Think about how
your mind and
body are feeling.

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Take a deep
breath in,
then breathe
out slowly.

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Think about the
last place you
went to that
made you feel
calm and happy.

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