

Gentle ideas for between sessions

- Spend time in nature
- Watch a comedy
- Listen to music you enjoy
- Reconnect with something you enjoyed as a child
- Get creative with art, writing, making or baking
- A small act of kindness
- Spend time with a pet
- Try a short calming breathing practice
- Tuning in to sounds of the present moment
- Start a gratitude jar & add a note each day
- Journalling with no particular aim

Some may be more useful than others, notice which ones help you