



## TO REGAIN AN INTEREST IN THINGS I WILL:

- \* Learn to manage stress
- \* Recharge my batteries
- \* Have healthy boundaries
- \* Remember what matters to me
- \* Take small steps each day towards my goals
- \* If something is bothering me, talk to someone
- \* Establish routines which support my wellbeing
- \* Learn to have fun again
- \* Find ways to be active every day
- \* Be gentle with myself and give it time

To me,

This is to remind me, I can make changes if I choose to, which are good for my wellbeing and I have the right to make my own plans and have my own dreams. On ..... I made a promise to myself to:

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Even if I forget, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps, no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx



“The true secret of happiness lies in taking a genuine interest in all the details of daily life.”

- *William Morris*

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