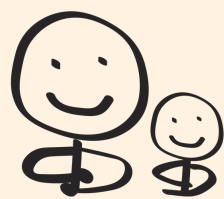




## 5 THINGS THAT YOU ARE GRATEFUL FOR DURING THE LOCKDOWN...

### Who can do it?



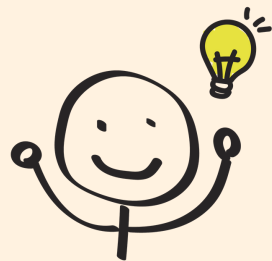
Everyone!

### When can you do it?



When you feel anxious or stressed.

### How to do it?



Get yourself to a quiet place and think of things you are grateful for today, start noting it down on a piece of paper.

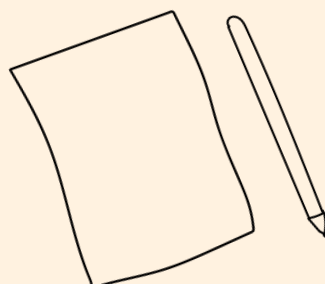
### How will it help?



- It will help you calm down - like normalise palpitations, breathing and sweating.
- It will distract your mind and help you relax which will reduce your anxiety.
- If practised regularly this helps build up resilience and self-esteem.

### Resources required?

Paper and pen.





## **During this lockdown, Arpan is grateful for the...**

- Health and safety of our team
- Team Spirit and dedication of our team
- Support offered to us by our partners
- Flexibility to function remotely at a suitable pace
- Ability to support people in these times through counselling