

# Give yourself a boost

Feeling low, stressed, or even just a bit bored? Why not see if one of these ideas helps you feel better?



WE DISCOVER, WE GROW

Girlguiding

Hertfordshire County

Create something - you could bake, write, sew, draw, anything you can think of. It doesn't need to be perfect, and you don't have to show anyone else, this is just for you.

Give your brain some exercise with a puzzle. It could be a jigsaw, a puzzle in a book or magazine, or an app on your phone.

Go outside for some fresh air. You could walk and explore your local area. If you don't want to (or can't) walk far, you could find somewhere peaceful to sit instead.

Follow some positive or inspiring social media accounts - that way, you will get a little boost every time you check your feed.

Get in touch with somebody that you love. In person, by text or call, whatever you prefer.

Read something you will find interesting or enjoyable. It doesn't have to be a book, it could be a magazine or blog - or even an audiobook if reading isn't your thing.

Watch something - a funny film, an interesting documentary, a vlog that reflects your interests, whatever would be most helpful to you.

Take a break for a few minutes. Try a few deep breaths to calm yourself, or focus on your surroundings and what you can see, hear, smell, feel and taste.

You could even try a mindfulness app or video.