

23<sup>rd</sup> December



### Dyspraxia Foundation Youth Top Tips over Christmas Period

A cup of calm.....

Takes a few minutes but can really do the trick. Make yourself a cup of your favourite warm drink and sit down somewhere you won't be disturbed. Notice three things in this moment – for example, the colour of the drink, the weight of the mug, the feeling of the chair. Then consciously breath into your shoulders, try and relax them down a little and enjoy your drink. Return gently to the senses whenever you notice the mind straying into thought. Be open to your senses

### Need Support?

[Mental health charities and organisations - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Mindfulness - NHS \(www.nhs.uk\)](http://www.nhs.uk)