

# **Things you can do to help clear your head.**

Life's getting busy again and it's understandable if you're feeling a bit worried. Do something that makes you feel good every day. Here are some easy tips for you to try.

## **Breathe in, breathe out**

If you're feeling overwhelmed, taking a number of slow, deep breaths can really help to calm your mind. The beauty of breathing is that you can do it anywhere.

## **Do something you enjoy**

If there's something that helps you relax, try to fit it into your day. This could be getting active, spending time in nature, or meeting family and friends.

## **Get lost in music**

Instead of pouring a glass of alcohol in the evenings, listen to a podcast or some music to help lift your mood.

## **Make lunchtime, your time**

Use lunchtime to create new habits, like making a healthy meal or getting outside for a walk and some fresh air.

## **Don't dwell on bad news**

It can be easy to fixate on bad news. Try distracting yourself by listening to music, dancing, or even doing some cleaning. Whatever takes your mind off things.

For more tips on how to cope as things get busier visit **[clearyourhead.scot](http://clearyourhead.scot)**

Whilst every effort has been taken to ensure the accuracy of this text, the original documentation should be relied upon as the true and accurate version.