

What makes me feel good?

What keeps me well?

Ways I can **be in nature** more

- watching birds/bats/animals/bees
- hiking
- camping
- gardening
- growing veg
- playing sports
- planting flowers
- walking the dog
- farm visits
- picnics
- visit the beach/woods/countryside
- watching the moon

Things I find **soothing**

- having my hair brushed
- chocolate
- turning the TV off sometimes
- beauty treatments
- nature sounds - birds/rain/wind/sea
- knitting
- music
- animals
- soft toys/teddies/dolls
- hugs
- wearing my dressing gown
- time to be in my own head

Ways I can **be with other people** more

- social activities - bingo/cabaret
- day centre
- pub
- college
- volunteer
- join a group - walking/knitting
- group exercise classes
- say hello to new people
- go to new places
- join a new class
- coffee mornings
- meet friends

Things that make me **laugh and smile**

- friends & family
- organising parties
- funny videos
- comedians on TV
- telling jokes
- looking at photos
- funny films
- music
- animals/pets
- time with children
- going to the beach
- being with other people

Things that help me **feel calm**

- quiet time or being alone
- tidy house
- nice smells
- turn lights down
- reading
- aromatherapy
- going for a walk
- soul music
- massages
- painting
- headphones
- the smell of chocolate

Ways I can **be more mindful**

- focus on breathing
- switch off phone/iPad/laptop
- enjoying smells food/drink/grass
- colouring
- going for a walk
- praying
- listening to music
- sewing
- reading the paper
- going to the cinema
- think before you speak
- looking at things around you

Ways I can exercise and **move my body**

- walking
- dancing
- chair exercises
- horse riding
- gym
- exercise classes
- go shopping
- gardening/sweeping
- housework
- boccia
- YouTube dance/exercise videos
- riding a bike

Things that **relax my body**

- dancing/Zumba
- having a (bubble) bath
- sensory room
- foot spa
- colouring
- time on iPad/laptop
- sitting in the sun
- candles
- yoga
- listen to music/the radio
- watch TV
- sleeping

Thank you to everyone who shared their ideas

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