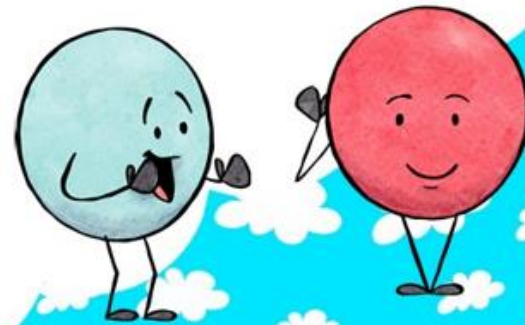


5 ways to wellbeing



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Take notice

Taking notice is about appreciating things around you right now. This means being in the present moment, right now! No worries about the future no thoughts about past regrets, just observing and seeing what is there right now.

You can notice things every day in many ways. Try and take notice EVERY day

- Look around the room and find something you haven't noticed before
- Notice your thoughts and feelings and accept them
- Imagine you are an alien from another planet and see what you can notice about our planet earth
- Go for a nature walk and notice things in nature
- Get a camera and use it to take photos of things that are happening now
- Notice colours, textures, sounds, smells, and shapes
- Use your eyes, nose, ears, mouth and hands to see things around you
- Notice the details in things. Try it with an every day object.

