

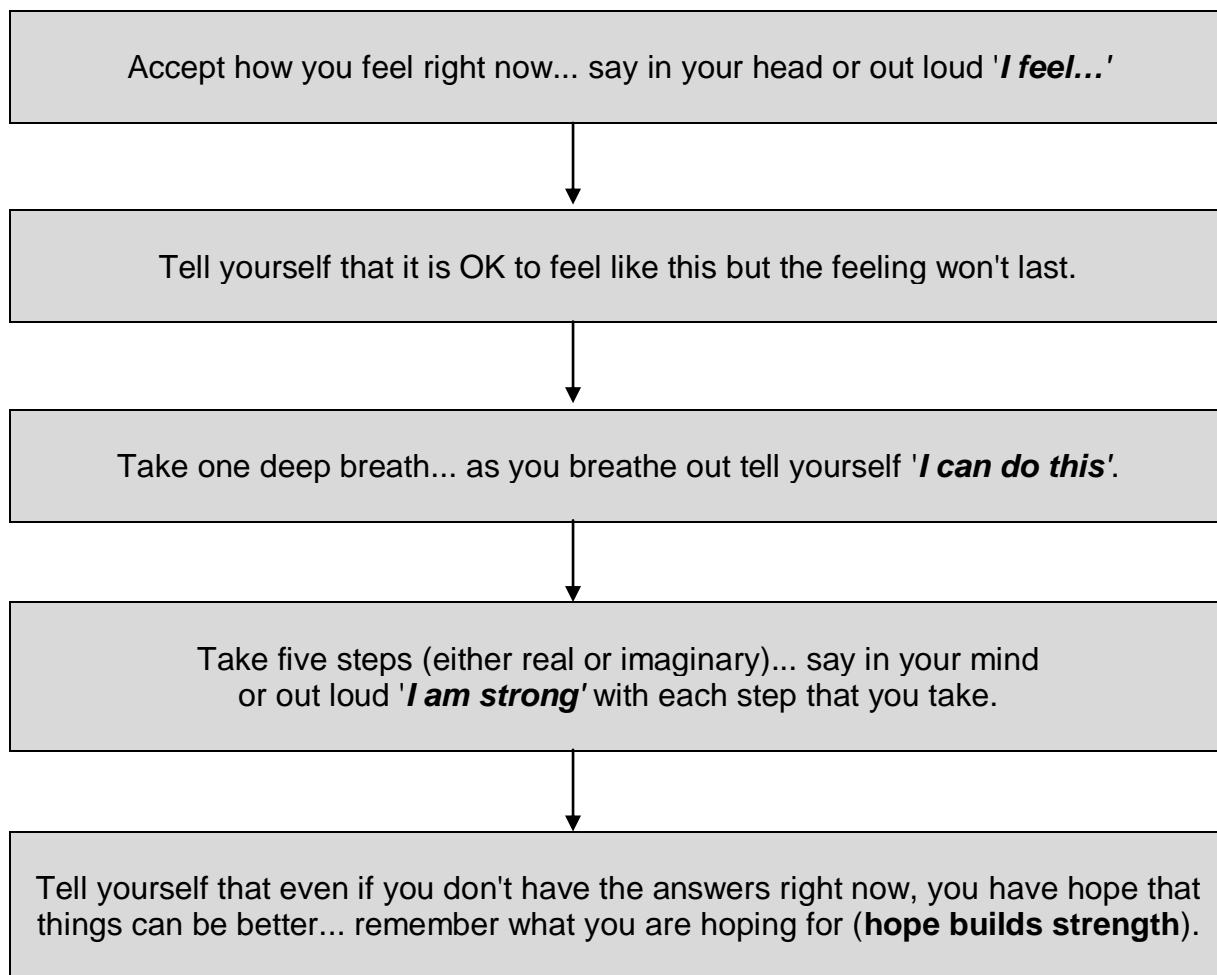


3 – Five Quick Steps To Build Some Strength

Sometimes, we all feel as though we've hit a brick wall and need to find some strength right now.

Take time to calm your thoughts. Make yourself a cup of tea, sit down or take a short walk... whatever helps you stay calm and gives you space to think.

Here is one way to get some strength in those moments.



This exercise might seem eccentric but is based on parent feedback... give it a try!