

Tender Loving Care

www.innerspaceworks.com

Types of TLC

- / Practical
- / Psychological
- / Physical
- / Emotional
- / Social

/ PSYCHOLOGICAL

- **Psychological Health**

Keeping yourself psychologically healthy includes exercising, eating healthily, practicing mindfulness, getting good quality sleep and keeping hydrated. These are good starting points. Begin by focusing on improving one aspect each day

- **Thoughts are not facts**

One of the aspects you learn within mindfulness training is that thoughts are not facts.

Once this is fully understood, thoughts tend to lose their power over you. You feel more in control of the mind and can choose the types of thoughts to focus on or let go of.

- **Reach out, ask for help & talk**

There are a number of charities who can support you if you reach crisis point, feeling low and perhaps find yourself considering self-harm or suicide.

If you are low in mood and sense yourself spiraling downwards, concerned about your mental health, [click here to find out who and how to contact someone](#).

As much as you may feel alone in this, you are not alone and there is someone who can listen and support you.

If you feel like you could do with a bit more support at the moment, then [you can find a professional counsellor or psychotherapist here](#).

Feeling stressed and anxious about the future is a normal human reaction to a global crisis.

STAY SAFE AND WELL.



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