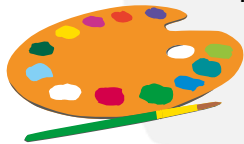


THOUGHT FOR THE DAY

Wednesday 10th February

Do you use your time off for self-care?

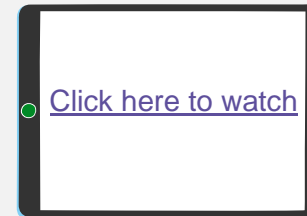
We all know how much creative activities can help to balance the emotional regulation systems in the brain. It's a more important time than ever to do more of those creative activities we enjoy. Professionals have been doing all sorts from painting to puzzles.



Thursday 11th February

3 minute breathing exercise from Mark Williams.

Get yourself comfortable and try this 3-minute breathing exercise from Mark Williams to help you relax



[Click here to watch](#)

Friday 12th February

Preparation

Planning and preparing, your drinks, meals and snacks, can take some of the stress from your day. Try batch cooking food or taking healthy snacks and a bottle of water to work.

You might find these [BBC batch recipes](#) may be of interest.

Saturday 13th February

Unwind with a **Progressive Muscular Relaxation (PMR) exercise** that helps to manage physical tension in the body, reduces stress and aids better sleep. It provides a sense of control and utilises adrenaline in the big muscle groups. It works particularly well when matched with breathing techniques.

[The Mitchell Method of Physiological Relaxation](#)



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THOUGHT FOR THE DAY

Sunday 14th February

Ethical decision making

Listen to this short video that explains how ethical decision-making frameworks can support you in making the best decisions for your patients in the currently challenging times.

[Click here to watch](#)

Monday 15th February

Instant grounding

If you can't take yourself away even for a minute try the "[Feeling the soles of your feet](#)" practice designed to help you feel grounded and stabilised when you're upset or overwhelmed.

Tuesday 16th February

Connecting with nature

There is mountains of research that shows how spending time in nature can significantly [improve our health and wellbeing](#). From forests and rivers, to parks and gardens, to window boxes or even house plants, we can find nature wherever we are, even with present restrictions.



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