**Wellbeing and Self-care** March 28, 2020

**Meditation**

Visualise the colour red – a mosaic, a jacket, or a carpet in various tones of red. Now, focus all of your senses on it for a while. Red should strengthen, warm and widen your heart, giving you the courage to be open and confident.

**Affirmation** (positive thought for the day)

I meet other people with courage, openness and confidence

**Self-care – allow language give you a boost**

Often during difficult times repeating an affirmation, especially when the mind is drawn to a negative thought, really helps. Say out loud, “Nothing lasts forever. This too will pass.” Honestly, do it now, mean it and see how it feels. These words can bring comfort especially when life is very challenging. Things are constantly changing, and even the bad times run their course. Remember there is always light after darkness, and each morning the sun always rises – even if it is covered in clouds.

**Did you know?**

There are 600 rooms in Buckingham Palace!