**Wellbeing and Self-care** March 30, 2020

**Meditation**

Find a comfortable place to sit, close your eyes and focus on your breathing. In your imagination, picture yourself sitting in a place where you can enjoy the sunrise. As the sun rises slowly in a blaze of colour let the red, orange and yellow of the sunrise surround you and become part of you. Sit quietly with the experience of these vibrant colours for a few moments. These colours can give you a new energy and enthusiasm for the day ahead. Return to this experience of colour through the day when you notice your energy going down.

**Affirmation**

I am filled with pleasure and enthusiasm, which allow me achieve great things today

**Self-care : the power of colour**

Life is better when we inject some fun into it! Play a game of “colour counting” with your family by trying to eat as many colours as possible today. Look at your dinner plate, who has the most colours on the plate? You can have any number of fruit, vegetables, cheese and breads to try to win this competition!

**Did you know?**

* Women were admitted to the London Stock Exchange for the first time – 1973!
* The giant squid has the largest eyes in the world.