



WELLBEING AND SELF-CARE

TOP TIPS Alex and Markus's top tips from the session

- Tend to yourself – give yourself 5 mins a day of self-touch/ self-massage
- Find moments of stillness – either sitting, standing or lying, notice your breath, the sounds, the breeze, and sensations in your body
- Dance, to at least one song a day – get the hips and pelvic area moving

Find out more

www.pccr.org.uk/living-well

