Tip of the week – **“Generating energy and increasing feelings of calmness”**

Learn or practice a method of meditation or deep breathing and give yourself at least 5 minutes each day to practice this. Additionally, once per week go for a walk or jog in nature, without your mobile phone and take in the sights and sounds and really appreciate the environment. Set aside time each day for yourself and slow the pace right down. When practiced regularly this routine can help to instil feelings of calm and restore balance to your life.