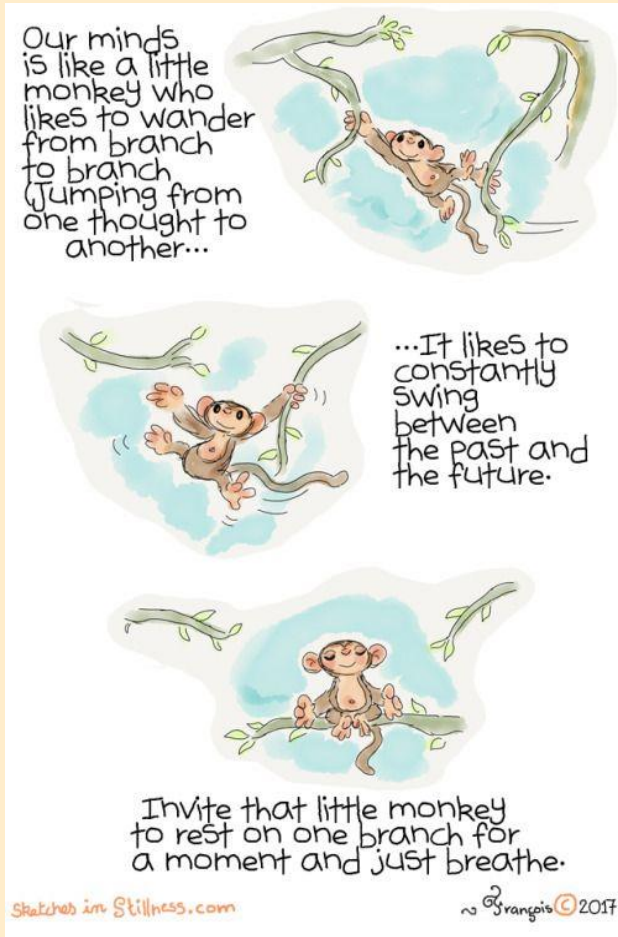


Time-In



The more you allow yourself to be noticed, the more you will be able to notice others as well.

Look after yourself

It is as important to stay connected with others, as it is to stay connected with yourself. It is proven that different parts of our brain work together better if we can spend some time each day focussing quietly on what's going on for us, in our minds, bodies, and in our imaginations too.

Plan:

Practice some 'time-in' activities. These might include:

- Mindfulness and/or meditation
- Breathing and relaxation exercises
- [journaling](#) or keeping a [diary](#)
- doing a [body scan](#) (and [here teens](#))
- What else would you add?



Remember that these activities work best if you are in a quiet and private space.