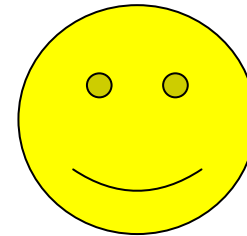


ONE TO ONE COUNSELLING



Staying Well



Dear



If you need further sessions at any time, contact the centre or ask for a referral.

One to One Counselling Service
The Kingswell Centre
Arthur Street
Oswestry
Shropshire
SY11 1JN

Tel: 01691 654064

Your Counsellor was.....

The Counselling Team hope you have benefited from the sessions and wish you well.

You may find the following few tips helpful in reminding you what you have learned about yourself and how you cope with things.



Aim to keep stress to a minimum.

It is important to find time to relax if you can- even if it is just a short time listening to music or taking a bath in peace!



Spend as much time as you can with people you like and who make you feel good

Aim to minimise time spent with those who are negative towards you, make unreasonable demands and who's company you don't really enjoy!



Do things you enjoy

Try to balance tasks you have to do with things you enjoy doing. This may help lift your mood.



Eat Well and Exercise

Drinking a few glasses of plain water in a day will help clear toxins from your body. Include fruit and vegetables each day if possible. Remember you are what you eat!

Before you start any type of exercise check with your doctor what is safe for you to do.



Keep things in Perspective

We all have bad days, this is normal and setbacks are part of recovery. Avoid letting small worries get out of hand. Writing things down may help clear you head and prevent things from building up inside. Use what you have learned and remember your gains.

Be kind to yourself!