

FROM

DREAMERS

TO DOERS

♦ with Beth ♦

♦ STOP STRESSING ♦

Start
Doing

IT MIGHT NOT FEEL LIKE IT
RIGHT NOW BUT

YOU'VE
GOT THIS!

IT MIGHT NOT FEEL LIKE IT RIGHT NOW BUT, YOU'VE GOT THIS!

TRY AT LEAST **TWO** OF THESE RIGHT NOW TO HELP
YOU REMEMBER YOU ARE IN CONTROL.

BITESIZE PIECES

Pick just 3 things you can achieve today and list them. They can be as small or as big as you like. Include life & work. Yes - taking a shower does count!

STEP OUT

A walk is best. Go outside. Notice the world. Distract your brain. Don't have time? At least go outside for 5 minutes. There's a reason 'get some air' is so popular

MAKE CONTACT

Pick someone you've not spoken to in at least 2 months. Drop them a message and say hi. You never know what might happen!

CHANGE LOCATION

Working from home? Got to a cafe for the day. Stuck in the house? Move to a new room or to a different seat. In the office? Do the same.

PUT IT DOWN

Grab a pen and put it all on paper. Posts it, A4, a notepad - try different ways to get all your thoughts down. You might never read it again but that doesn't matter, it's the process that's important!

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