



Hampshire and Isle of Wight



**Mood, brain health
and function**

Anxiety and Overwhelm

- » MAKING LISTS
- » COMMUNICATION
- » SELF CARE
- » FRESH AIR
- » ROUTINES
- » BREATHING TECHNIQUES



Managing symptoms

- » HOT SWEATS
- » NIGHT FLUSHES
- » ANXIETY
- » OVERWHELM
- » MOOD SWINGS
- » BRAIN FOG



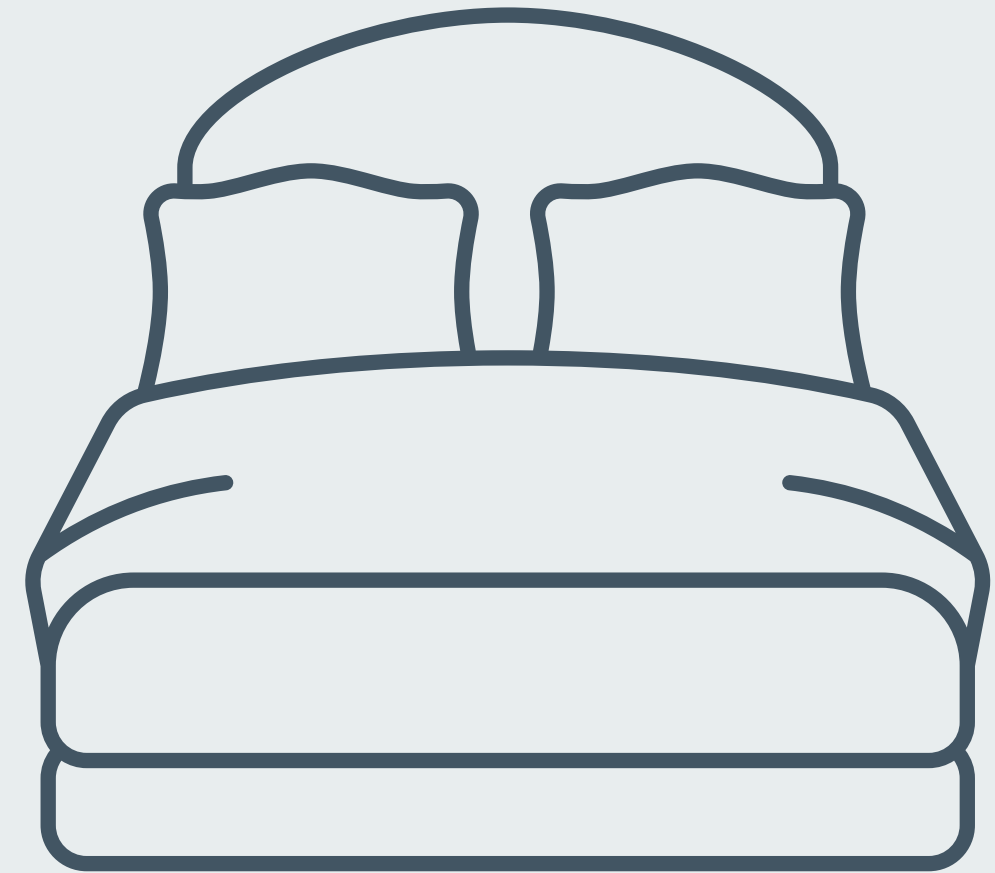
The three R's: Recovery, Rest, Repair

- » READING
- » SEWING, KNITTING, CROCHET
- » MUSIC OR A PODCAST
- » PUZZLE BOOKS
- » YOGA
- » RELAXATION, MEDITATION



Sleep hygiene and aids

- » LAYERS
- » FANS/COOL PADS
- » QUIET TIME
- » ESSENTIAL OILS/BATH
- » CALMING TEAS/OAT BASED DRINKS
- » LIMIT SUGAR/CAFFEINE/ALCOHOL



Questions and discussion time

