

Queensland Centre for Perinatal and Infant Mental Health

# Live in the moment

For yourself and your family

Watch the sun rise or set

Read a book

Do a piggy back

Listen to music

Skip around the house

Laugh, smile, have fun

Phone a friend

Listen to the birds

Sing, dance, twirl

Be still, what do you hear?

Smell a flower

Breathe deeply

Take a bubble bath

Have a picnic

Watch the clouds

Walk in the rain

Stand under a tree and look up

Look at the stars

Write a note to someone special

Walk barefoot on the beach

Tell someone you love them



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## Contact us

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