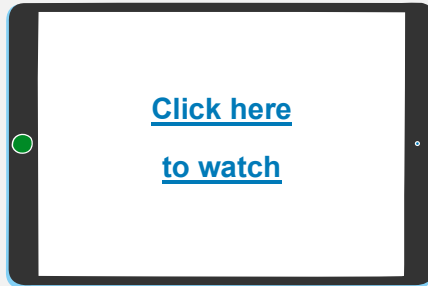


# THOUGHT FOR THE DAY

## Wednesday 27<sup>th</sup> January

Message from Lynda Thomas  
Macmillan Cancer Support's CEO



## Thursday 28<sup>th</sup> January

Mindful moments

3 minute check in video

When we are busier than ever, it's even more important to somehow find time to take a few moments to pause.

[Click here to watch](#)



## Friday 29<sup>th</sup> January

**Mindful moments**- taking a few moments to pause and reset throughout your day, at work or at home, can make a real difference to feeling calmer and more centred. Try the [STOP practice](#) when you're feeling overwhelmed or need to take time out. This can take just a few seconds

- Stop what you are doing
- Take 3 deep breaths
- Observe – what you're feeling in your body, emotions, thoughts; relaxing or softening as you need
- Proceed with what you are doing

## Saturday 30<sup>th</sup> January

Physical Exercise & Mental Health

[Click here to listen](#)

Physical activity is one of the cornerstones of wellbeing. Even when you are so very busy, try to find time somewhere in the day for a short 10-minute walk outside or do some mindful movement wherever you are. We all know how much better it can make us feel.



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# THOUGHT FOR THE DAY

## Sunday 31<sup>st</sup> January

### How Vicarious Traumatism knowledge and understanding can help

New and very timely understanding of how Trauma affects the mind and body has highlighted how the repeated empathic connection with people who are in pain or distress, can re-create symptoms very similar to Post-Traumatic Stress Disorder (PTSD) in the helper. You can find out more about Vicarious Traumatism [here](#).

## Monday 1<sup>st</sup> February

### Gratitude

Find things that you are grateful for every day, however small, and make a note of these. Evidence suggests that the cathartic release experienced from physically writing can enhance wellbeing.

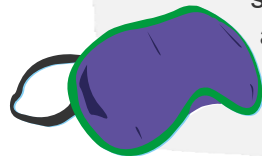
[How to Practice Gratitude - Mindful](#)



## Tuesday 2<sup>nd</sup> February

We all know that **sleeping well** is an essential element of wellbeing.

The Sleep Council and the Sleep Charity have many excellent suggestions for improved sleep at: <https://sleepcouncil.org.uk/>



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