

5 ★ 4 ★ 3 ★ 2 ★ 1

SLOW DOWN & TAKE A BREATH

First of all... take 3 slow, deep breaths!

5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 something positive about
yourself!

Finished? Now, take 3 more slow, deep breaths.

For more selfcare tips, please take a look at the Complementary
Therapy pages on the Velindre NHS Trust website.



5 ★ 4 ★ 3 ★ 2 ★ 1

ARAFWCH A CHYMERWCH ANADL

Yn gyntaf ... cymerwch 3 anadl araf, dwfn!

5 peth y gallwch eu gweld



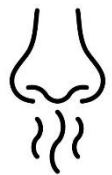
4 peth y gallwch chi deimlo



3 pheth y gallwch chi eu clywed



2 beth y gallwch chi arogli



1 peth positif amdanoch chi'ch hun!



Wedi gorffen? Nawr, cymerwch 3 anadl araf,
dwfn arall.

I gael rhagor o awgrymiadau hunanofal, edrychwch ar y
tudalennau therapi cyflenwol ar wefan Felindre.

