

Happy memories

Memories of good times and good places can help you to be more resilient during tricky times...

Objects and photos that remind us of good experiences, happy times and people we care about can be a 'safe anchor' when things in life are stormy. They can help us to feel calmer and be more resilient.

They can also help us feel connected to someone we are separated from.



The Start Now Wellbeing Toolkit has some great, practical ways to create a 'safe anchor' reminder.