

CYC:

Christchurch Youth Council, Christchurch

I exercise and make sure I eat enough. **John (17)**.
Getting the heart pumping really makes me feel
better. **Sarah (19)**. Catching up with friends and
Talking to people I am close to. **Alison (21)**. When
my anxiety gets out of control sleep calms me
down. **Julie (24)**. Grounding exercises and
talking to close friends. **Alice (22)**. Yoga and
Listening to music. **Becky (19)**. Mindfulness and
challenging myself when i feel bad. **Kerri (18)**.
Generally eating well. **Jack (14)**. Mindfulness.
Emily (16). Exercise. **Hannah (16)**. Walking. **Matt
(18)**. Walking in the evenings. **Kim (18)**.
Immersing myself with positive people. **Kaitlyn
(19)**. Meditation. **Sophie (17)**. Doing something
nice for someone else. **Tessa (23)**. Talk. **Hannah
(15)**. Breathe. **Vicki (24)**.

Canterbury has been through a lot.
Thanks for sharing some of the simple
things that bring you joy.

all
right?
allright.org.nz