

wee changes can make a **big difference** in helping you feel better

Coorie the Scottish way to wellbeing and balance

Take pleasure in the simple things

Visit the library, borrow a book even a talking book if you fancy having a wee story read to you and snuggle up in a comfy warm blanket with a cup of tea and for even 15 minutes just embrace the moment.



Take a walk on the wild side

We know the weather in Scotland can be wild, so embrace it. Wrap up warm on a cold day and go out a walk, even for a short while, if you have a dog enjoy sharing it with them, maybe even visit a park or beach somewhere you both can experience nature in the raw. When you get home, snuggle up with a warm blanket and bowl of homemade soup.



Have a cosy home

Keeping the house warm when money is tight can be a challenge, so have warm snuggles, use colours which suggest warmth, maybe invest in a salt lamp which can glow a lovely orange colour, or download an app to your TV if it's a smart one showing a log fire crackling, or invest even in a wee electric heater with coal or log effect again to create that feeling of warmth. When it's really cold maybe focus on one room in the house being the cosy room so heat can be concentrated in that area.



Share a cuddle

Many of us like a cuddle, it maybe with another person, or even sharing affection with our pets, its suggested stroking a cat or dog has real health benefits for us as well as being good for our pets, there are some suggestions even watching videos of cats can be good for us as its boost's energy and positivity! Or make a nest of cushions and blankets with the kids, get out a board game and a bowl of popcorn and for a wee while just enjoy the fun of being together. There are also weighted blankets which can help give that feeling of being cuddled and for some promote better sleep.

Remember consult with your GP before making any lifestyle changes. For more information contact **COPE** on our website: www.cope-scotland.org



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Appreciate the landscape

Nowhere in Scotland are we far from the great outdoors, from Loch Lomond, to the Campsie Hills, the West Highland way, the Cairngorms, Glencoe and so much more. Check out special deals on busses and trains to explore the outdoors around you or borrow or hire a bike maybe even join a cycle club or a rambler's group. Take a warm flask of soup and some sandwiches and appreciate how much of nature we still have around us.



Getting away from it all and getting perspective

Enjoying the variations in the natural world in Scotland can help take us away from our troubles even for a wee while, the openness and space can help give us perspective, just to be, not to be trying or doing, just to be. Walking up a mountain or hill or whatever you can manage depending on your fitness and health listening to the silence and seeing the world spread out around us can help recharge our batteries and heal perhaps the emotional aches we have as we realise, we are connected to something so much more than ourselves. If walking is a challenge, we have many lochs in Scotland, just sit and watch the sun reflect off the water, listen to the wind in the trees and realise we all have a wee bit of paradise on our doorsteps.

Making the most of what we have



Money can be tight and sometimes even trying to make sure the children are fed is a challenge. Coorie is also about how do we protect ourselves and our family to feel safe, and cosy even when life is challenging? Keeping an area of the house cosy, making wholesome warm meals which don't cost a lot, using free local facilities like libraries and local community resources can help build a community cuddle where we can all feel cosier and safer and have a sense of balance and wellbeing. Coorie is also about caring for ourselves, each other and the environment, together we can all help build a cosier world for all.

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