

- 1. Breathe.** Deeply and slowly.
- 2. Find out as much as you can.** Call us now on 01983 292405 for free support and advice.
- 3. Ask us for a brain box.** A small box full of useful tools (and some treats) to help you on your journey
- 4. Buy a colourful, bright notebook** to capture your thoughts and questions.
- 5. Go prepared to your consultations.** Write down your questions, how you are feeling, your anxieties: they look so much smaller on paper. And don't be afraid to get a second or third opinion.
- 6. Spoil yourself with small treats.** A bar of chocolate, an extra ten minutes with the newspaper, switch off the alarm.
- 7. Come to a *brainstrust* Meet up.** If there isn't one near you, we will make one happen: visit www.meetup.com/brainstrust
- 8. People want to know how they can help.** Be specific. Suggest practical things that they can do. This helps them, and then everyone is happy.
- 9. Trust your instincts.** Most of the time they will lead you in the right direction. Be persistent and focus on your inner strength.
- 10. Seek sunshine. And smile.**