



**In-person and Online
Counselling Support, UK.**

**www.therapeuticcamper.com
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Gentle Tips for Movement

Set Goals - Having a reasonable goal can help you feel a sense of achievement.

Free / Low Cost - Groups can help you find like-minded people.

Movement - Can support your mental health and wellbeing long term.

Get active in Nature - Can help you go outside to the park, or an activity outside.

Let's get physical - Dance, play sport, interact with a pet, to release energy.

Talk - To someone you trust if you feel low so you are not alone.

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