



Recovery Café Self Care Poem

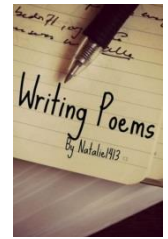
Connecting with people and bathing in nature.
These are things that help me feel greater.



Going on long walks with excellent company
and hugging the occasional tree
makes me go goosebumpy.



I love baking cakes and eating them too,
and thinking creatively, in the early hours, on the loo;



Spending quality time with the dog, and sometimes the cat;
writing poems and having a laugh;
relaxing for days in a very hot bath.



The self-soothing box is full of things that delight me,
as is time on the beach, whether it's Yarmouth or Skeggye.
I can happily lose myself looking through old photos;
comfort food does what it says and a good hug can ground me.

New socks and PJs are an exquisite treat,
and that's not unique to me and my feet;



Remembering those I'd forgotten from my past,
and then making contact and saying hello.
These are all things that help me keep smiling,
so let's smile together and give them a go.



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