

# Bear



- Do you still have your childhood teddy? However old and threadbare, there's something safe and comforting about a bear. Over half of UK adults still have their childhood bear and a third still sleep with theirs!
- Psychologists tell us that cuddling a bear can help us de-stress, and that telling our problems to a non-judgemental teddy helps us to process and even teaches us empathy. What else can bears teach us?

***'Look for the bare necessities, The simple bare necessities  
Forget about your worries and your strife....'*** The Jungle Book

- Did Baloo have the right idea? Watch the [film clip](#) to remind you of his philosophy on life. Should we be simplifying our lives and learning to be content with less?
- What are your bare necessities? Stop and think about the things that make you smile and make a plan to spend more time with the people and activities that bring joy to your life.