

# Fish



***'When life gets you down.... just keep swimming!'***

Finding Nemo

- Dory didn't actually need to keep swimming, as she had a swim bladder to keep her afloat, but some fish and sharks have to keep swimming continually to push oxygen through their gills and stay alive.
- Swimming is known to be good for our mental health, as it can help to clear our minds and reduce stress and anxiety. Keeping swimming is also a good metaphor for life in general.
- Although some fish can swim backwards, this is rare – they usually keep moving forwards. How is your life at the moment? Are you moving forwards? Do you have plans for the future and things to look forward to?
- Are there days when you just have to keep putting one foot in front of the other (or just keep swimming?!) Are there other people who can help you along the way?