

Radiators



- Are you a radiator? Are people drawn to your warmth and positivity? Do you make others feel good about themselves and energised?
- Or do you feel drained and empty, with nothing left to give?
- The truth is, that we can't keep giving out indefinitely. Unless we nourish ourselves, we have nothing to share with others.
- What nourishes you? Is it going for a walk by the sea, or having a laugh with friends? Spending unhurried time with your family or curling up with a good book or film?
- How can you build in time for the activities and people that re-energise you?