

Shadows



‘Worry gives small things a big shadow.’ (Swedish proverb).

- Some of the things we worry about appear much larger and more alarming than they really are, because of the shadows they cast.
- Is there anything looming large in your life at the moment, that you need to get a different perspective on?
- Do the shadows shift, if you look at the problem from a different angle?
- Is there anyone you could talk to?
- Are there practical ways you can be kind to yourself? (Go for a walk, take time out, have some ‘me’ time?)

