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When are you at your best?

While we support others and continue to look outwards, because that is the **right thing to do**, it is important that we don't run our sparkle Cup too low.

Looking after yourself doesn't mean ignoring others. It means make sure you take a moment to speak with, read, listen too, reflect on people who *top up your sparkle*. I have energy givers in my life who come in many forms. Some of them are **friends**, some are **colleagues**, some are **authors**, and some are **memories of things past** that still fill me with energy when I reflect on them.

As you move towards the strangest Christmas break that most of us have ever encountered, **pause** and have a go at this mindful moment. Wherever you are when you are reading this, **smile, a big ol' cheesy grin**, and now think of the things that will keep that smile on your face. Fill a minute with great moments, memories, reflections, places that help that smile to stick.

Your sparkle is one of your best features, **polish it up** 😊