

Peace of mind is contagious.

—Don Jarvis

Writing out thoughts can be cathartic.

—D. S.

Look after yourself first. Make sure you plan meals and times to eat them. Get a walk or at least an hour of “self-indulgence” – a bath, a book, a chat with a friend. If you don’t take care you may go down with the ship!

—Diane Salter

