



SMILE

A Quiet Place,

99 Edge Lane, Liverpool L7 2PE,

In memory of our dear friend

Claire



Claire was a pure 'celebration' of life in her career, with her family and friends. Claire was the best example of a human being.

This 'A Quiet Place' programme has been put together for friends and family as well as individuals who might be suffering from anxiety, depression and other forms of mental health.

The Smile programme is a big thankyou to Claire who has supported A Quiet Place for 20 years in each school where she taught. Claire's legacy has been the powerful impact on thousands of children and families over the years. On behalf of all those children and families we would like to thank you Claire and will miss you forever.

It is a programme which will help in understanding how our brain works and the extraordinary intricate mechanism that manages the ongoing homeostatic hormonal chemistry of our body; and in turn how this may interact with our mind and body to produce each moment of living.

There are various other traditional support programmes, such as:

1. Prescription medication (please check side effects especially of SSRI inhibitors)
2. Herbal remedies (please check side effects and how they inter weave with medications (especially St. John's Wort)(age related check out menopausal symptoms/ oestrogen/HRT
3. Talk therapy.
4. Exercise (often energy levels are low and going out can be a problem)
5. Keeping a Reflective Journal is always useful.



'Here and Now'

[Natalie Cole #15 "Smile" - YouTube](#) ; [Nat King Cole - Smile \(Lyrics HD\) - YouTube](#) ;

[Jon and Vangelis - I'll Find My Way Home \(with lyrics\) - YouTube](#)

[Losing someone to suicide - Mind](#)

<https://www.motherteresa.org/>

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2019/11/suicide-is-not-a-choice>



The Process is a 6-week programme is useful as it helps the body and mind focus differently.

Here are some ideas to mindfully focus on:

1. What can you see, hear, touch, smell and taste right now.
2. Deepen your breath, breathe in and out to the count of 5, 5 times, 5 times a day!
3. Go outside, bathe in nature where possible.
4. Dreams
5. Eating patterns
6. Sleeping patterns
7. Weather
8. Moon cycles
9. Gait and posture (stand with your heels, shoulders and head against the wall)
10. Energy levels (times of the day)
11. Make a note in your diary, draw, write find quotes, poems that feel relevant.
12. Watch some funny animal videos.
13. Keep Rescue Remedy by your side at all times!
14. Listen to some music that makes you dance, laugh and cry.

Week 1 & 2:

Listen to the recording 'Clearing in the Forest' preferably before you go to bed at least three times a week. [Clearing in the Forest - A Quiet Place](#) This is a simple story using metaphor to begin your journey.

Week 3 & 4

Listen to the recording 'Temple in the Forest' preferably before you go to bed at least three times a week. [Temple in the Forest - A Quiet Place](#). This is a simple story using metaphor to reenergise you on your journey.

Week 5 & 6

Listen to the recording 'Huna' preferably before you go to bed at least three times a week. [Huna - A Quiet Place](#). This is a simple story (based on Hawaiian mythology) using metaphor to begin to bring things together to make a sense and be a positive resource for your future adventures whatever they maybe.

Whilst this is an educational support programme It is not intended to replace the various other forms of support available and should be used with permission of your GP.

