

## MESSAGE IN A BOTTLE

Hi, I'm Mona from Mona's Minibreaks. I am an artist, designer and art facilitator. I have been writing myself letters and poems during this time. They have helped me to feel calmer, practice gratitude and reflect on the situation.

Sometimes there are things you need to express, but you bottle up but because you don't know who to express them to.

I'd like to invite you to write a letter to your future self. Put pen to paper and let your thoughts and feelings out. Then roll it up, pop it inside a bottle and put a cork in it. Or find another special space to stash it.

Your future self will appreciate the fact that you've taken the time to write to them, I promise!

Best Wishes

Mona xxx