

DO SOMETHING POSITIVE FOR YOUR WELLBEING



If you're working from home, take regular screen breaks - get up and move!



Connect with people - check in with your support network; are they ok, are you ok? Pick up the phone and find out



Ask for help if you need it - it's ok not to be ok



Keep hydrated - drink plenty of water throughout the day



Write down 3 positive experiences that have happened to you today



Be kind to yourself, take some time out for self care



Learn something new such as a new recipe! Learning something new can improve your confidence and mix up the day-in-day out



Go for a walk: even if you don't feel like it, you must have a change of scene - the Vitamin D is good for your mood and immunity