

LOOK AFTER EACH OTHER

Be Kind

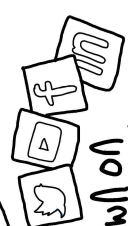
PHYSICAL DISTANCING NOT SOCIAL...

STAY HOME
STAY SAFE

GIVE THANKS HEROS
TO OUR NHS WORKERS & KEY

THIS WON'T BE FOREVER

think... what
do I have energy
for today??



Cut down on
Social Media &
News channels

LOOK AFTER
YOUR MENTAL
HEALTH

Keep in touch
with family
& friends



think!

Make Art
Craft

USE THE
TIME TO...

Journal

COOK

listen to
podcasts

Read

Listen to
& Make Music

DANCE

SING

get up & get
dressed!

HAVE A
ROUTINE

set little
goals



Run - Walk - Yoga - Aerobics

LAUGH!

Dress
Up

Camp
Out

Wear
Colour

PLAN FOR
THE FUTURE

PLACES
TO GO

BUSINESS
PLAN

THINGS
to DO

WAYS TO BE

