

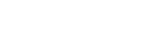
LOOK AFTER EACH OTHER

BE KIND



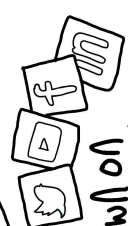
PHYSICAL DISTANCING NOT SOCIAL...

GIVE THANKS TO OUR HEROES & KEY WORKERS



THIS WON'T BE FOREVER

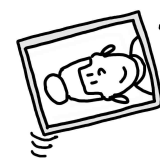
think... what do I have energy for today??



Cut down on Social Media & News channels

LOOK AFTER YOUR MENTAL HEALTH

Keep in touch with family & friends



think!

Make Art Craft

EXERCISE

Run - Walk - Yoga - Aerobics

HAVE A ROUTINE

set little goals

LAUGH!

wear colour

get up & get dressed!

Play Games (all sorts)



Read

listen to podcasts

Listen to & Make Music



SING AND DANCE

PLACES TO GO

THINGS TO DO

BUSINESS PLAN

WAYS TO BE

PLAN FOR THE FUTURE

Camp out Dress up



COOK

USE THE TIME TO...

Journal