

THIS WON'T BE FOREVER

Be Kind
LOOK AFTER EACH OTHER

PHYSICAL DISTANCING NOT SOCIAL...

STAY HOME
STAY SAFE

GIVE THANKS
TO OUR
& KEY
NHS HEROS
& WORKERS



LOOK AFTER YOUR MENTAL HEALTH

Cut down on Social Media & News channels

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

keep in touch with family & friends

think!

Make art
craft

EXERCISE

Run Walk Yoga Aerobics

plan your day & week

Play Games (all sorts)

Learn

listen to podcasts

USE THE TIME TO...

Journal

Read

Listen to & Make Music

COOK

HAVE A ROUTINE



set little goals

get up & get dressed!

SING AND DANCE

LAUGH!
wear Colour

PLAN FOR THE FUTURE

PLACES TO GO
BUSINESS PLAN
THINGS TO DO
WAYS TO BE

