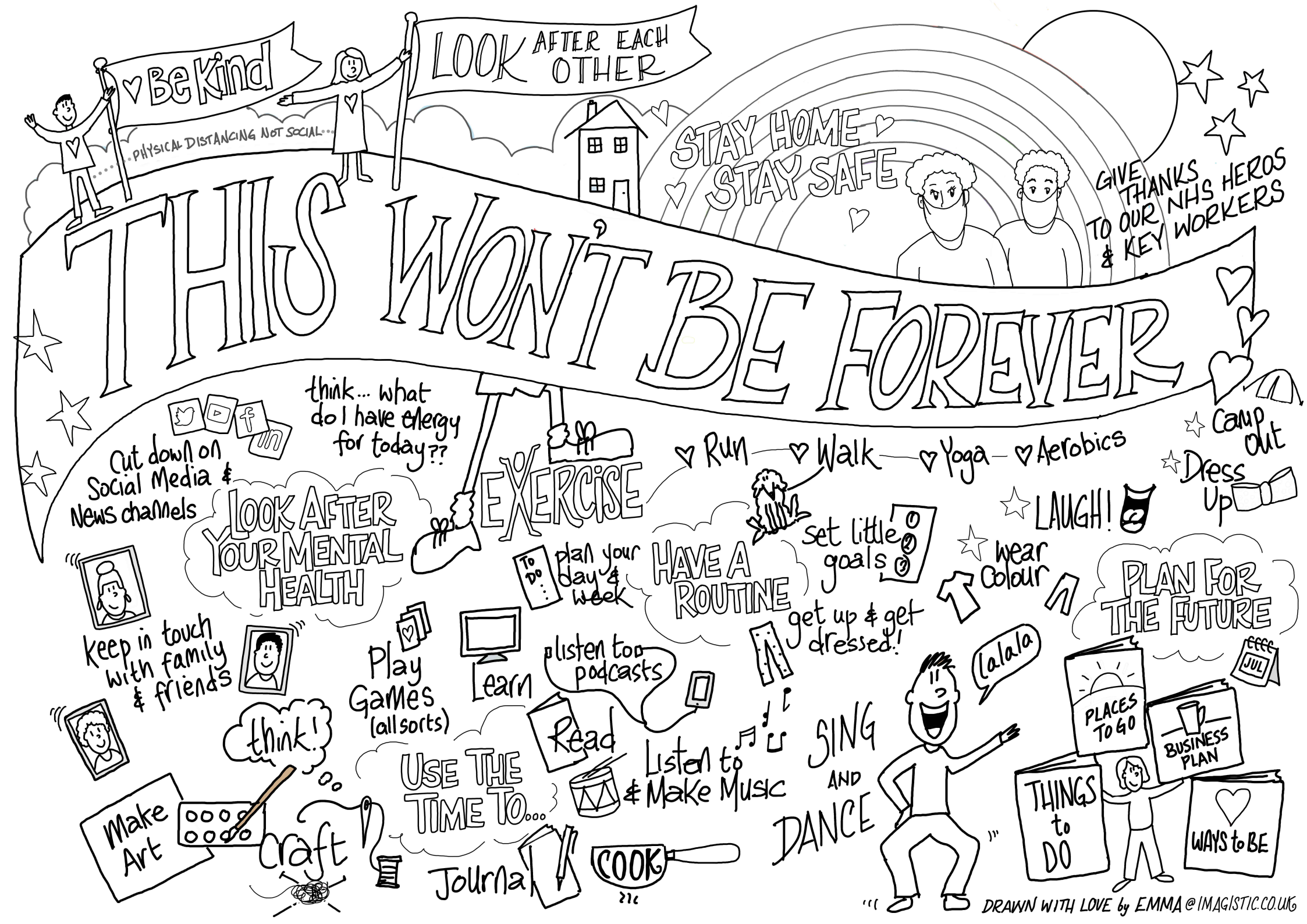

Be Kind
PHYSICAL DISTANCING NOT SOCIAL...
LOOK AFTER EACH OTHER
STAY HOME STAY SAFE
GIVE THANKS TO OUR NHS HEROS & KEY WORKERS
THIS WON'T BE FOREVER
think... what do I have energy for today??
Cut down on Social Media & News channels
LOOK AFTER YOUR MENTAL HEALTH
EXERCISE
Run
Walk
Yoga
Aerobics
Camp out
Dress Up
LAUGH!
set little goals
wear colour
plan your day & week
HAVE A ROUTINE
PLAN FOR THE FUTURE
get up & get dressed!
keep in touch with family & friends
Play Games (all sorts)
Learn
listen to podcasts
Read
Listen to & Make Music
SING AND DANCE
lalala
JUL
PLACES TO GO
BUSINESS PLAN
THINGS to DO
WAYS to BE
think!
USE THE TIME TO...
Make Art
Craft
Journal
COOK
DRAWN WITH LOVE by EMMA @IMAGISTIC.CO.UK