

WITH THE CURRENT WORLD HEALTH SITUATION IT IS EASY TO LET STRESS AND ANXIETY TAKE OVER. BUT IT DOESN'T HAVE TO STAY THIS WAY. INTRODUCING YOUR ...

... SUPER EASY SELF-CARE TIPS TO HELP YOU TO GIVE YOUR BRAIN SOME LOVE:

SNOOZE THE NEWS

Absorbing a lot of intense information often, will take a lot out of you. Try the **5:5 challenge** and limit yourself to only checking the news 5 times a day for 5 minutes!



REACH OUT

Check in with the people who make you happy!
Offer your support and accept theirs. In times like this **we pull together!**
Even just a five minute phone call can really boost your mood.



GET MOVING

Physical and mental health are connected - so remember to **eat well** and exercise to release those endorphins!

Ensure you follow goverment guidelines for all activity



LEVEL UP

Why not take this opportunity to pour your time into **learning a new skill?**
Bake that cake, flex that singing voice, get lost in a sketch book, apprendre une nouvelle langue...



ROUTIN' FOR YOU

Planning your time and maintaining a routine is the first step in **getting the most out of your day.**



FIND YOUR HAPPY

Spend at least **2 hours** every day doing something that just brings you peace of mind. Maybe you'll find it in a book, a nostalgic playlist or stand-ups on Netflix. Whatever your jam - take this time for YOU.



3 is the magic number!

Make a list and prioritise the top 3 things you want to get done in your day. **Be kind to yourself** - haven't finished? Just pop them on tomorrow's list!