

Your wellbeing

Here's a few tips to keep your mind and body healthy



Stay Active

Try to keep getting regular exercise and go outside



Fun, Learning and Doing

Take a break from the news and social media and do something you enjoy, learn a new skill, set out to achieve something at home, try to plan in some fun



Find the good

'Every day is not good but there is good in every day' – write down each day something positive/ good



Connect

Keep on connecting socially with family and friends by phone, text and video call, share birthdays and play games together virtually



Kindness

Helping others is good for our mental health and will make you feel happier



Control

There are things you can control and things you can't – try to focus on the things you can control and let go of the things you can't

