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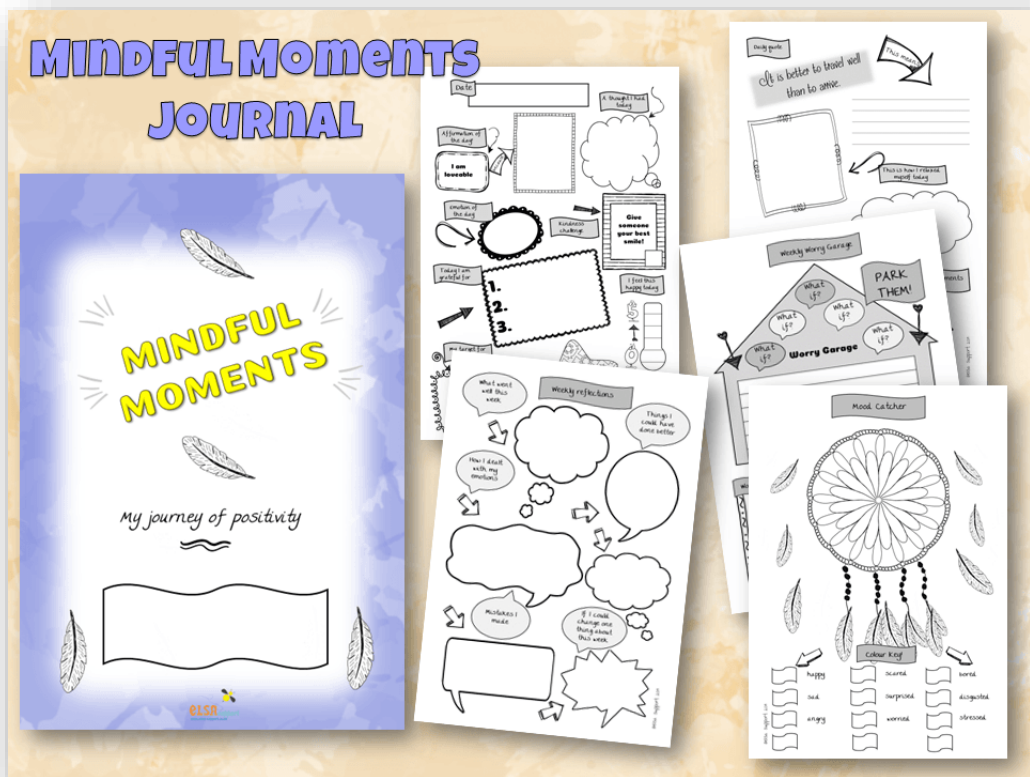




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A TO Z OF WELLBEING AFTER LOCKDOWN



<p>A ASK for help if you need it!</p>	<p>B BRAVE You can do this!</p>	<p>C CONNECT with friends and family</p>	<p>D DREAM of exciting things</p>
<p>E ENCOURAGE and help your friends</p>	<p>F FEELINGS are temporary. They will pass</p>	<p>G GRATITUDE be thankful for what you have</p>	<p>H HELP others and enjoy the feeling it brings</p>
<p>i INSPIRE others around you</p>	<p>J JOY is there for you to take</p>	<p>K KINDNESS to everyone</p>	<p>L LEARN new things</p>
<p>M MISTAKES happen, move on and learn from them</p>	<p>N NOTICE and be mindful</p>	<p>O OBSERVE and accept your feelings</p>	<p>P PROUD to be you!</p>
<p>Q QUESTION your thoughts they might not be true</p>	<p>R RESILIENCE you can bounce back - you've got this!</p>	<p>S STRENGTHS you have lots if you think about it</p>	<p>T TALK positive self-talk</p>
<p>U USE your relaxation techniques</p>	<p>V VOICE your concerns</p>	<p>W WORRIES are for sharing</p>	<p>X EXHALE slowly and breathe</p>
	<p>Y YOGA learn some exercises</p>	<p>Z ZONE OUT be at peace with yourself</p>	

A TO Z OF WELLBEING AFTER LOCKDOWN

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
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