



Team BWS

Further reading...

FIVE WAYS TO WELLBEING



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

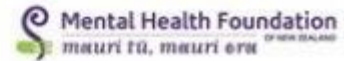


TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



<https://www.telegraph.co.uk/health-fitness/mind/coronavirus-look-mental-health-self-isolating/>

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

<https://www.health.com/condition/infectious-diseases/coronavirus/social-distancing-mental-health>

<https://www.bacp.co.uk/news/news-from-bacp/2020/13-march-coronavirus-self-isolation-how-to-look-after-your-mental-health-and-wellbeing-if-you-re-self-isolating/>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Humility Enjoyment Resilience Respect Discipline