

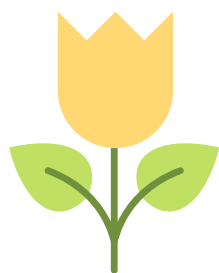
5 WAYS TO WELLBEING DURING COVID 19

CONNECT



Being socially distant doesn't need to mean being disconnected! Make sure to reach out to friends and family daily by message, facetime or phonecall. Apps like [House Party](#) and [Netflix Party](#) let you share games and watch movies together even when apart.

TAKE NOTICE



Even if things are difficult right now, what is it that you can be [grateful](#) for today? Is it your morning coffee? The sun shining through the window? Something funny that you saw? Take the time to take stock and notice these little moments.

BE ACTIVE



Moving our bodies daily has so many great benefits for both our body & mind. Why not get out once a day for a run or a walk if you can. Or check out [YouTube](#) for some at home workouts or yoga videos.

KEEP LEARNING



Is there something that you have always wanted to learn but haven't had the time to? Websites like [FutureLearn](#) and [Udemy](#) have many free and paid for courses you can do online. Learning a new language? [Coffee Break languages](#) are a fun and easy way to do so.

GIVE



Uncertain times call for greater acts of [kindness](#). What can you give, say or do for someone today that could make their day a little brighter? Little things can make a huge difference, and it's been shown to help lift our mood too.