

Look after yourself

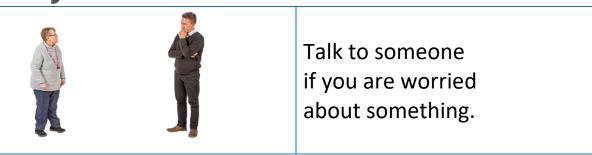
Stay active

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	Try to get some exercise each day.
	Take a short walk if you can.
	Do some yoga.
	Do some chair yoga.

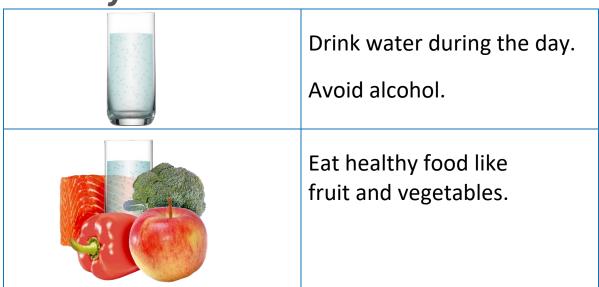
Coronavirus



Stay calm



Healthy food and drink



Stay rested

Sleep is important. Try to sleep for 8 hours every night.
Do something relaxing before bed. This will help you to sleep.
Do something creative that you like. This will help you to relax.