










Look after yourself

Stay active



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

	<p>Dance to your music.</p>
	<p>Do some gardening.</p>

Stay calm

	<p>Talk to someone if you are worried about something.</p>
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Healthy food and drink

	<p>Drink water during the day. Avoid alcohol.</p>
	<p>Eat healthy food like fruit and vegetables.</p>

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.