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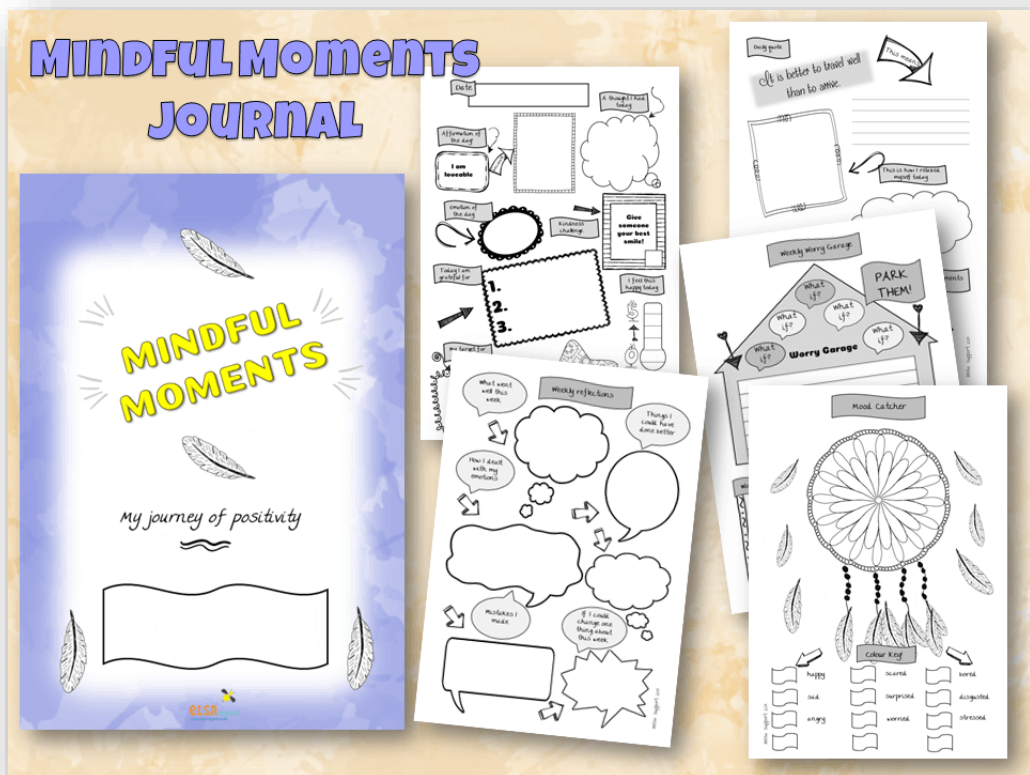




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# A TO Z OF WELLBEING AFTER LOCKDOWN



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

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A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
 www.elsa-support.co.uk	Y	Z	