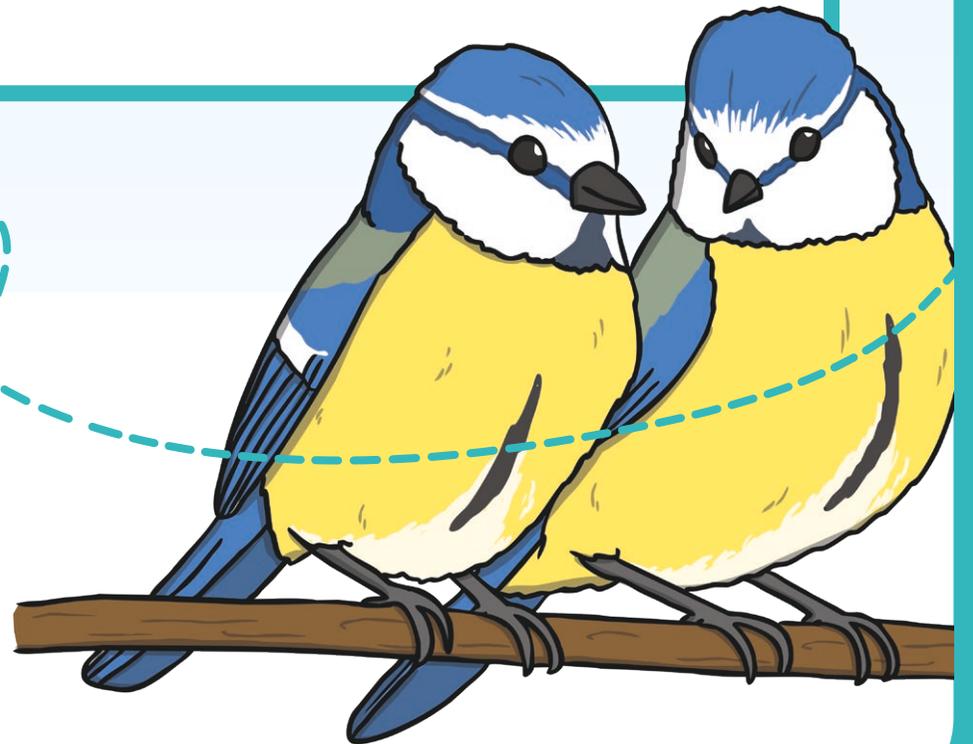
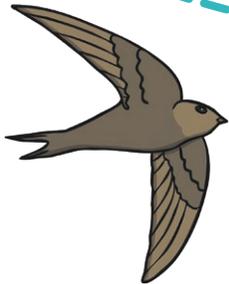
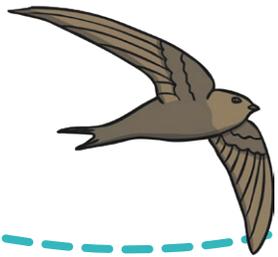
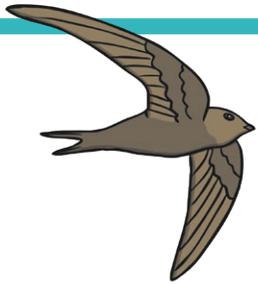


Good morning –  
you've got this!



If things today didn't go the way you'd hoped, don't worry!  
Tomorrow is a new day.



Be kind  
to yourself.



Take a moment to breathe  
and think of something that  
makes you happy.



**Look after yourself – you are as important and deserving of care as everyone else.**



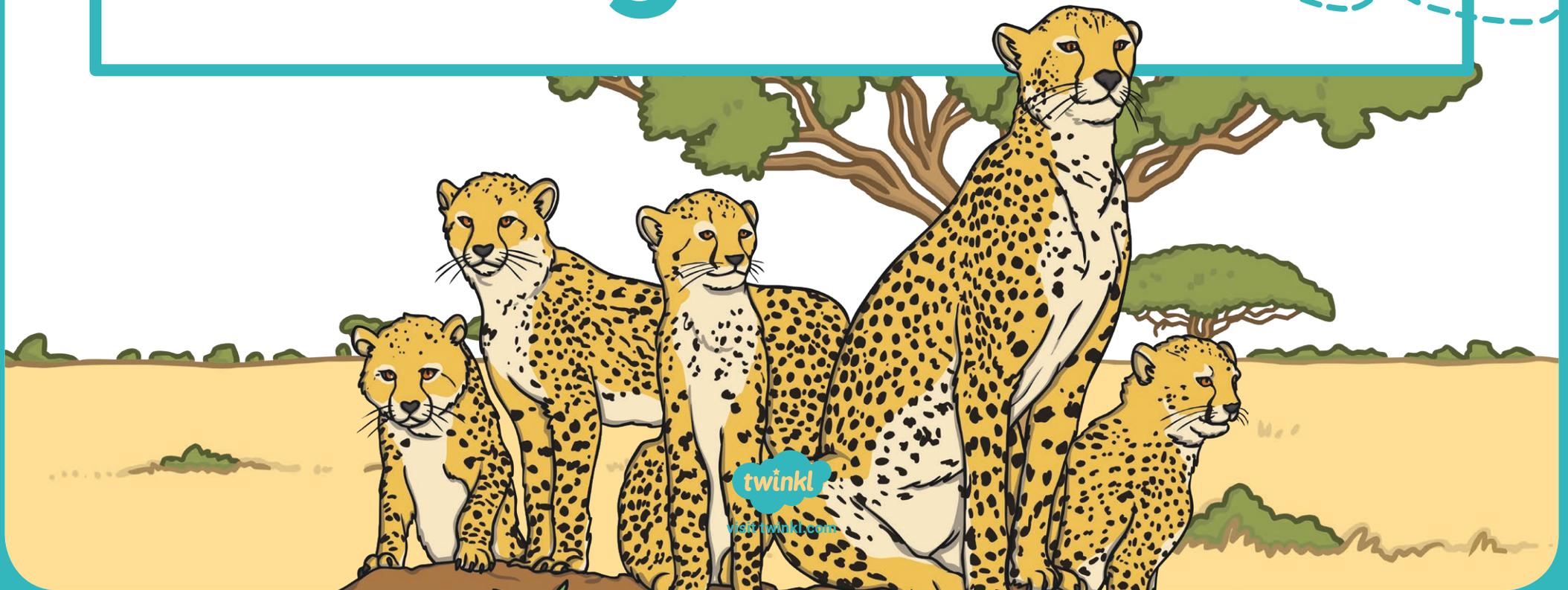
You are you and  
that is amazing!



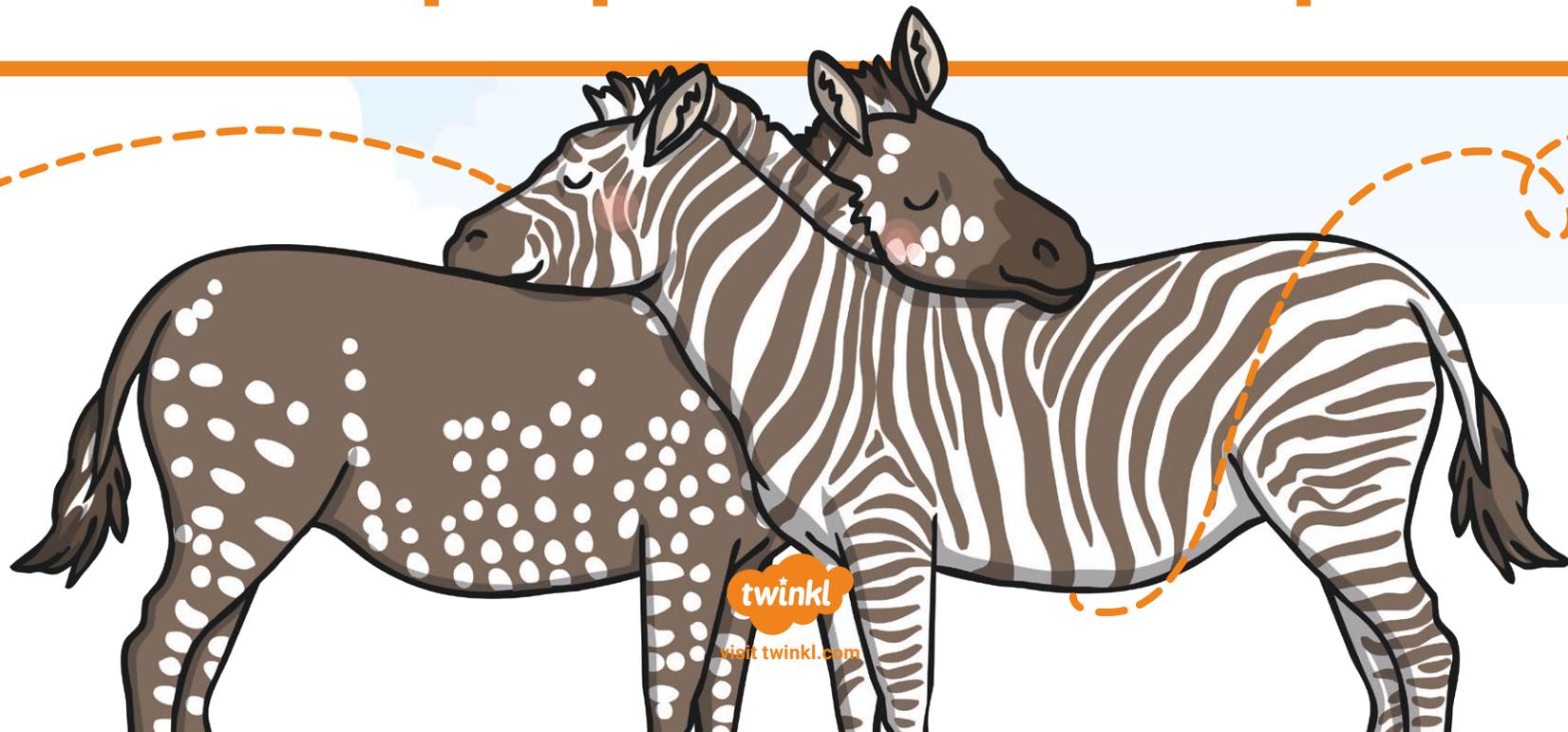
You are worthy of a little  
'you time' – what is it  
going to be today?



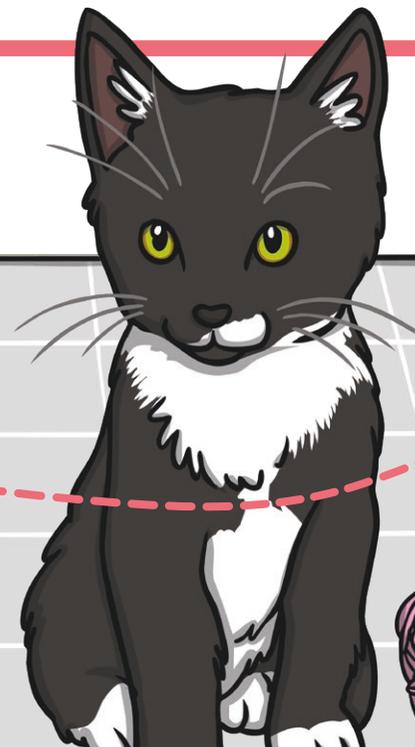
We are all in  
this together.



Life is different, change can be hard – it is OK not to be OK. Reach out and share how you are feeling, there are people who can help.



**Eat well. Sleep well. Take in some fresh air. Keep active. Drink enough water. Find a moment of calm, just for you, in each day.**



Find what makes you tick, explore your passion and be creative. Where is this unexpected journey going to take you?



**How do you want your life to look in the future? Use this time to make it happen.**

