

## 10 steps to boost your wellbeing, one day at a time!

1. **Start** a Journal and spend 15 mins reflecting on your day (every day)
2. **Call/interact** with a friend/family member/contact you miss (every day)
3. Do some form of **exercise** (see Rockford Manor app PE twitter Joe wicks)
4. Leave time to listen to your favourite **music** (every day)
5. **Meditate** – search online for one to suit you (when you have time)
6. **Pamper** (face mask, nails, tan, make up, eye brows (whatever DIY needed)
7. **Cook/bake** something and post it to me on twitter @mella\_horkan
8. Start **reading** a book (Numerous books are available online at the moment including school books!) or research something you are interested in. Public libraries have made publications available online if you are a member.
9. Catch up on **school work**, Portfolios, Journals etc.
10. **Help out at home.**

