



SELF CARE FOR YOU & YOUR BUSINESS

The help you need today

FIND COMMUNITY

- Now is not the time to isolate mentally. Ideas, creativity, positivity, inspiration all come from connection and community.
- Find online communities on social media, in your local area, through national forums & local - get involved
- Network online using LinkedIn, business groups or memberships
- Lean on friends and be vulnerable. We are all in this together, like all great levelling experiences, sharing will make things better.



REST & RECOUP



- Ever heard the phrase that you can't pour from an empty cup? Get plenty of sleep.
- Use whatever method helps you to rest your brain - meditation, singing, jigsaws, reading, puzzles - take time out to turn off your brain
- Eat well & drink plenty of water. This helps with anxiety and balances out your flight or fight response.
- Avoid too much indulgence like alcohol - it only raises anxiety and acts as a depressive.

CONNECT WITH NATURE

- Nature has a way of lifting our spirits & inspiring us as it moves continually forward. Try to get outside every day to breath in the the seasons.
- Exercise whenever you can - outside is even better. Simply one foot in front of the other will give you momentum and perspective
- If you are truly isolated for a while then breath - fully. Learning how to breath well and deeply - it will transform everything.



LEARN SOMETHING NEW



- How many times have you said you wished you had more time for something new? Now is the time. Take up a new hobby and learn online. Knitting, bread making, gardening, calligraphy or even a new language!
- Read, read and read some more. Use apps like Pocket to squirrel away great articles and catch up on them later or download books onto your devices. Maybe simply return to your book shelves and re read an old favourite.
- Take time to watch inspiring TED talks or listen to new podcasts as an alternative to the news. Fill your head with possibilities.

FIND ENTERTAINMENT!

- Who among us hasn't thought about what box set we can sink our teeth into? Now is the time to let yourself have some time to enjoy. When we step away from the coal face, the creativity begins - so it is vital.
- There are brilliant online yoga classes, exercise videos & virtual choirs.
- Discover gardening in a new way & order your seeds online. Even if you have just a balcony, try growing herbs for the 1st time.
- Make use of tech to enjoy group chats with friends - a virtual book club via Zoom or a coffee break with FaceTime.

