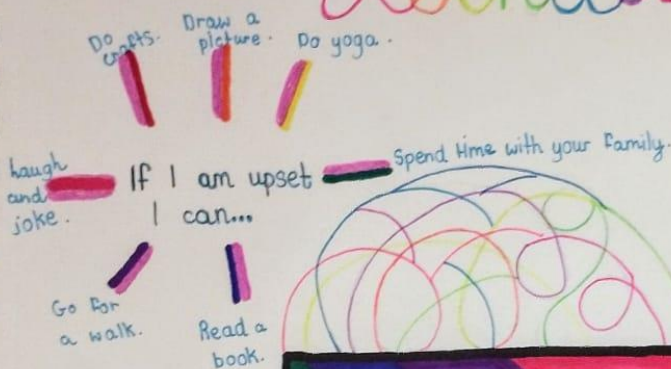


2020
2021

WELL BEING

By: Wiktoria Obara

Lockdown.....



Health is about more than what your eating. It's what your thinking, saying and believing.

Social distance

Listen to music

Enjoy your time!

Watch a movie

Stay safe

Health is wealth

Mental health is not a destination, but a process. It's about how you drive, not where your going.

Spend a little more time trying to make something of yourself and a little less time of trying to impress people.

Laugh and joke

Stay confident

We all know that lockdown has been very hard for everyone, but we can also enjoy our time at home. We can read an interesting book or we can watch a movie with your parents. When you get upset you can try do yoga or count to 10 and think about something nice. You can also try to listen to music. If you will get angry with something or someone you can watch a comedy or funny videos. Maybe if your bored you can help out your mom or dad with something. You can also call with your friends and family through videocall. Remember to keep safe, keep washing your hands and try to social distance and enjoy your time!