



Keeping Well

It is normal to find it hard to cope when things are difficult. Try and remember the **5 Ways to Wellbeing**:



Connect

You can still speak to friends on the phone, send a card or try a video call! Talk to your family, friends or staff about how you are feeling.



✓ Keep learning

Now is a great time to find out about something new, watch a great nature programme on the TV. If you can, use the internet to learn a new skill.



✓ Be active

Remember all the times we have had a go at chair based exercise in group? Even just marching with your feet through the adverts on the TV will make a difference. If you can, put on some music and have a dance!



✓ Take Notice

This is a very strange time for everyone but we do have safe, warm houses and food to eat. Try and think about what you do have and can do.



✓ Give back

All of us can do something to help someone else have a better day. What about waiting at your window to give your postie a wave and smile to say thank you. You could do some cleaning up even if it isn't your mess?!



Please call if you need help or advice or just a chat:
01925 246 888

Warrington
Speak Up