

Stress Relievers: Physical, Emotional, Mental		
Clean and organise your workspace/room.	Keep a thought journal – this will help you to rationalise your thought process.	Set yourself daily positive affirmation: why do you like you?
Write down 3 positive experiences that have happened to you.	Learn something new such as a new recipe!	Take time out to do something you enjoy; watching a film, cards, backgammon...what brought you joy as a child?
If you're working from home, take regular screen breaks – get up and move!		Practice mindfulness.
Get a good night's sleep, check out your sleep hygiene.	Take a Digital Detox – do something that doesn't involve a screen.	Get in touch with an old friend – pick up the phone and say 'hello'.
Limit your intake of processed foods, let's get some vibrant colours on the plate and eat a bit cleaner.	Make a 'to do' list, get it all down on paper and then prioritise what needs to be done.	Be strict with your routine; work is work and life is life – make sure to schedule in time for doing things for yourself.
Volunteer or contribute to a cause that is important to you.	Try a new/different form of exercise.	Enrol in a new range of online webinars – keep on learning!
Connect with people – check in with your support network; are they ok, are you ok? Pick up the phone and find out!	Keep a happiness journal; reflect on your day by recording what made you happy.	Write down your future aspirations and goals. Where do you want to be in a year, in two- and five-years' time?
Grow your own food.	Plan something to look	Arrange a virtual quiz

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	forward to in the future.	with your friends, family, colleagues.
Green therapy: if you have a garden, go outside.	Do some mindful colouring.	Write a gratitude letter. What are you grateful for?
Start reading a new book or finish one you gave up on!	Listen to a new podcast.	
Keep hydrated. Drink plenty of water throughout the day.	Communicate with your friends/family/colleagues about how you are feeling.	Write down your strengths: what are some of the things people have said about you that have made you feel good?
Go for a walk: even if you don't feel like it.	Forgive and forget, let go of grudges.	Be kind to yourself, take time out for self-care.
Eat a healthy, balanced diet.	Learn a new breathing technique.	Limit the news you are watching/reading to prevent being exposed to endless editorials and opinion.
Ask for help if you need it – it's ok not to be ok.	Balance out the chocolate with some physical activity.	Stay connected. We might not be able to be with our loved ones in person right now, but we could invite them to dinner over the phone.