Wellbeing

Achievement

- Achieving a goal, even if it’s only small, can help us to feel good. Try and incorporate tasks into your day that can give you a sense of accomplishment. Here are some things you could try:
  - Completing an online course
  - Using a goal planner
  - Exercising

Connection

- Being close to, and feeling like we’re valued by others is a really important part of looking after our wellbeing. Make sure you make time in the day to be social. Here are things you might try:
  - Video chatting loved ones
  - Virtual coffee break
  - Virtual quiz

Enjoyment

- Sometimes when life gets busy or stressful, we tend to forget about making time for the things that make us happy. No matter what is going on in life, you deserve to have fun too.
  - Try and spend a couple of hours each day doing things you enjoy!