

SELF-CARE mood boosters

1. Go outside for a daily walk



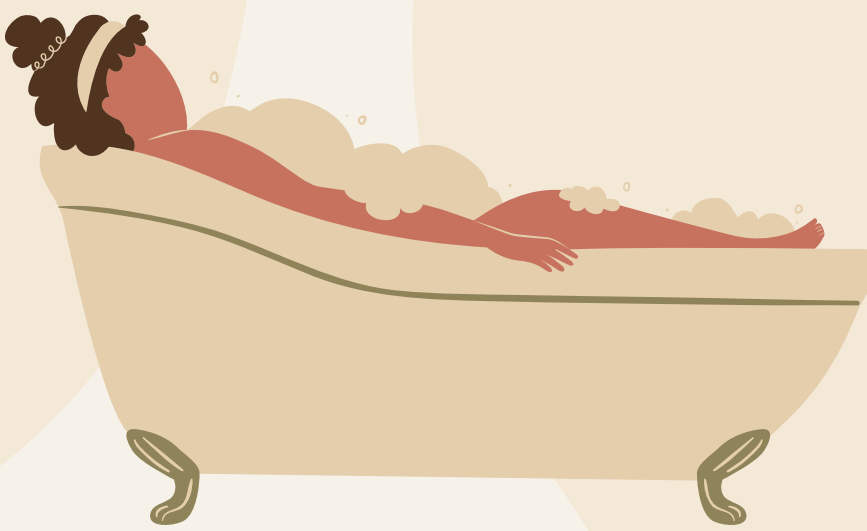
2. Journal every morning



3. Spend more time with family & friends



4. Take time to indulge in some pampering



6. Practice positive affirmations

5. Declutter your home



8. Read Books



7. Get more sleep every night



10.



9. Take up Pilates



At all 10 points, the Coaches on www.remote-health.eu and all our free online courses are available if needed.

Schedule time for daily relaxation



Co-funded by
the European Union



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