

NOTICE THE SIGNS: EVERYDAY ACTS OF KINDNESS

Wellbeing and Study

It's safe to say lockdown 3 is affecting more of us than the previous 2, so that's why maintaining positive wellbeing is now even more important, especially while you're studying from home.

Studying remotely is difficult for many of us, but by taking some "you" time you can ensure your wellbeing doesn't take a backseat.



We recommend completing a Wellness Action Plan (WAP), for you to highlight what triggers and effects your wellbeing and what you can do to keep yours healthy. If you would like one of these plans, please get in touch with us. dorsetmindyourhead.co.uk



"LEARNING is a treasure that will follow you everywhere."

6 ways to WELLBEING...

- 1 Getting outside in nature
- 2 Read a book
- 3 Facetime your family or friends
- 4 Join an online fitness session
- 5 Listen to some uplifting music
- 6 Have a break from social media

