CONNECTING

* With others, with ourselves and our surroundings
* Spending time with helpful, happy, positive influences
* Aim to reduce isolation

GET ACTIVE

* Find an activity you enjoy and make it part of your life
* Move more

KEEP LEARNING

* A new skill or hobby
* Read
* Challenge yourself

CELEBRATE

* Successes
* Each other
* The small things

RESTING

* Taking time-out
* Recuperating
* Sharing the load

## Improving health and wellbeing of Parents

GIVE TO OTHERS

* Small gestures like a smile
* Volunteer
* Offer your ‘time’

PRACTISE BEING MINDFUL

* Pay attention to the ‘present moment’
* Notice your thoughts and feelings

LOOK AFTER YOUR DIET

* Make healthy choices
* Fuel your body well

PRACTISE SELF CARE

* Do something that’s good for you
* Treat yourself