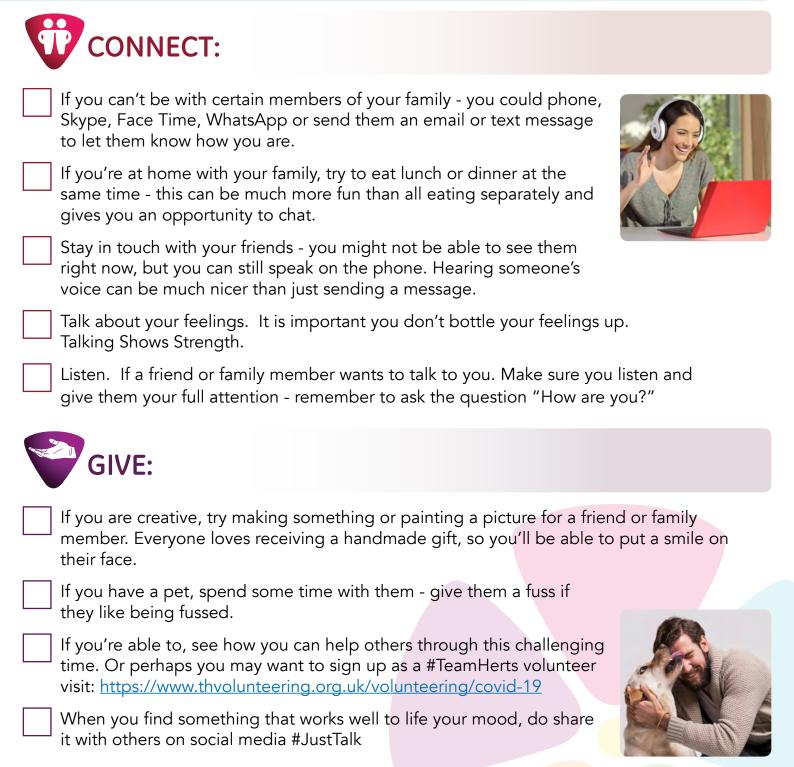


## For Adults



Research from around the world tells us that there are 5 things we should all do more of to boost our wellbeing and improve our mood. Here are some things you can do in and around your home.

Have a think about what you are already doing, what you can consider doing more of and how many of these you can complete each day.





	Draw a picture of something in your house or garden, or something you can see through your window.	
	Do an online meditation – you could even do this as a whole family. Here are some to try - <a href="https://www.headspace.com/meditation/kids">www.headspace.com/meditation/kids</a>	
	Listen to some music you enjoy – why not sing along too. Have a think about what it is you really like about each song you play.	
	Write a diary or journal - this is an unusual time for everyone, so it can be useful to write about what we are doing and how we are feeling.	
	If you're feeling anxious, try some deep breathing. Breath in to the coucount of 3, and then breath out to the count of 3. Repeat ten times. It each stage as one side of a triangle.	
(V)	BE ACTIVE:	
	Dance to some music that you enjoy listening to.	
	If you have a garden, do some gardening outside.	
	Housework and DIY are a great form of physical activity.	
	There are lots of physical activities online that you can do from home. Check out YouTube, or look at this useful webpage - <a href="https://sportinherts.org.uk/coronavirus/">https://sportinherts.org.uk/coronavirus/</a>	
<b>S</b>	KEEP LEARNING:	
	Why not try a new hobby from home such as arts, crafts, knitting or photography.	- 1 Ga
	Read a book or Kindle – every book will teach us something new and will improve wellbeing.	
	If you're learning to play a musical instrument – challenge yourself to try to learn something new to play.	
	Always felt like you've had a book in you? Now might be a great time	

to start writing - there are lots on online guidance to help you get started.