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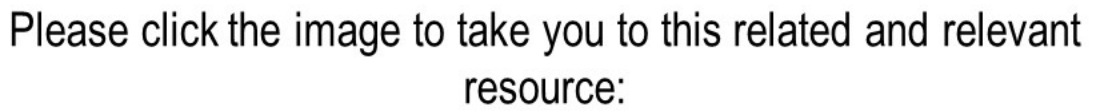
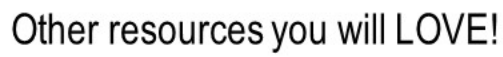
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A TO Z OF WELLBEING AFTER LOCKDOWN



A ASK for help if you need it!	B BRAVE You can do this!	C CONNECT with friends and family	D DREAM of exciting things
E ENCOURAGE and help your friends	F FEELINGS are temporary. They will pass	G GRATITUDE be thankful for what you have	H HELP others and enjoy the feeling it brings
I INSPIRE others around you	J JOY is there for you to take	K KINDNESS to everyone	L LEARN new things
M MISTAKES happen, move on and learn from them	N NOTICE and be mindful	O OBSERVE and accept your feelings	P PROUD to be you!
Q QUESTION your thoughts they might not be true	R RESILIENCE you can bounce back - you've got this!	S STRENGTHS you have lots if you think about it	T TALK positive self-talk
U USE your relaxation techniques	V VOICE your concerns	W WORRIES are for sharing	X EXHALE slowly and breathe
	Y YOGA learn some exercises	Z ZONE OUT be at peace with yourself	

A TO Z OF WELLBEING AFTER LOCKDOWN

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
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