

# 5 WAYS TO WELLBEING DURING COVID 19

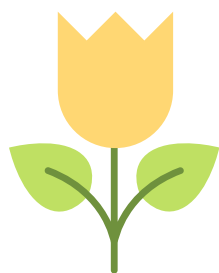
## CONNECT



Being socially distant doesn't need to mean being disconnected! Make sure to reach out to friends and family daily by message, facetime or phonecall. Apps like [House Party](#) and [Netflix Party](#) let you share games and watch movies together even when apart.

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## TAKE NOTICE



Even if things are difficult right now, what is it that you can be [grateful](#) for today? Is it your morning coffee? The sun shining through the window? Something funny that you saw? Take the time to take stock and notice these little moments.

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## BE ACTIVE



Moving our bodies daily has so many great benefits for both our body & mind. Why not get out once a day for a run or a walk if you can. Or check out [YouTube](#) for some at home workouts or yoga videos.

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## KEEP LEARNING



Is there something that you have always wanted to learn but haven't had the time to? Websites like [FutureLearn](#) and [Udemy](#) have many free and paid for courses you can do online. Learning a new language? [Coffee Break languages](#) are a fun and easy way to do so.

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## GIVE



Uncertain times call for greater acts of [kindness](#). What can you give, say or do for someone today that could make their day a little brighter? Little things can make a huge difference, and it's been show to help lift our mood too.