



Week Five



PERSONAL

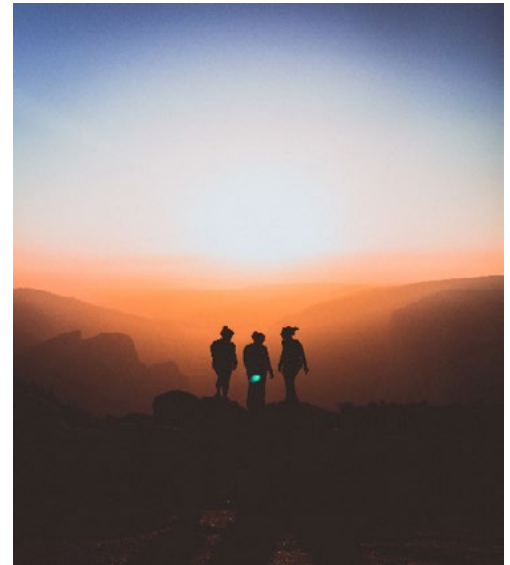
Challenge: Have you tried doing some puzzles? Math's puzzles, picture puzzles or jigsaw puzzles? It is a form of meditation because you have to concentrate on something other than what you are living currently. When you have finished your puzzle share it with a friend. If it is a jigsaw puzzle you could do a swap with other puzzlers and save on buying new ones.

FAMILY

Photos: Have a photo share session with your siblings, cousins or close friends to have a laugh about days gone by and how bad old hairstyles were!

FRIENDS

Ring or contact a friend and talk to them. Being connected is very important.



COMMUNITY/NEIGHBOURS

Do you sew or knit? Are you looking for a project to keep you occupied? If you can sew there are many groups who are looking for people to help sew scrubs and gowns for GP clinics. Look online to register with one of the organisations such as Roma Scrubs, Get Scrubs, [The Scrub Co-op](#) or check out 'Spotlight Craft For A Cause' to help inspire you.

