



# Week Nine

---

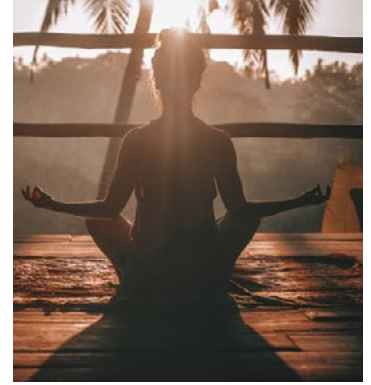


## PERSONAL

---

**Take care of yourself** – Get plenty of rest, keep warm, take a hot shower and eat healthy food. You can also check out yoga classes which are offered free online in a number of community centres or if you are comfortable some classes are now being offered back in the studio. Check with your local centre for details.

**Are you practicing any of the skills that you learned during the past few weeks?**



## FAMILY

---

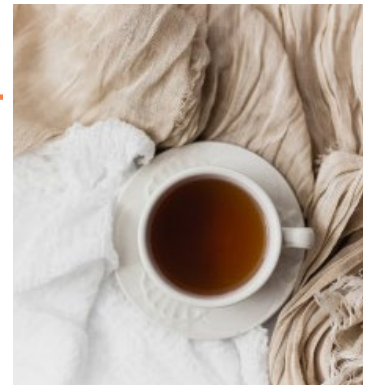
**Is there a family project that you and the family can do together which you did not have the time to do before or were not able to do during the lockdown?** Even though restrictions have been reinstated for family gatherings, you may be able to continue with these activities that bring you together with your family. Have you sorted all the family photos and named, dated and titled them so that the viewer knows who they are looking at in the future? Now that all our photos are kept by digital means we don't tend to have physical photo albums. Have you thought of creating a coffee table book using one of the many online companies available to record your special family memories in hard copy? Type in 'create a photo album online' to see the number of different options available to you. Or sort the photos on your hard drive or cloud into categories so it is easier to view them in a slide show.



## FRIENDS

---

**Have you organised a catch up with a couple of friends to debrief about how you managed during the tightest lockdown period while you were working or studying from home?** What worked, what didn't, how did you cope in your close family relationships? Talking to your friends is very therapeutic! Time to also talk to someone you have not spoken to for a while and to check how they are going.



## COMMUNITY/NEIGHBOURS

---

**Many people are doing it hard after the sudden closure of many hospitality businesses.** If you are able, you can still make a donation to local charities to help those who are struggling through difficult times. This could be providing food for Foodbank, Helping Hands or your local food sharing group, making a meal for people who are out of work, sharing some produce or flowers from your garden. Sharing is good for the heart and makes both parties feel good.