**Look after your wellbeing by finding balance**

Normal routines and daily activities are changing and this can be unsettling. We can find things we usually did to look after our wellbeing have become difficult. It can be helpful to organise a daily routine that involves a balance between activities that

* Give you a sense of achievement
* Help you feel close and connected with others
* Activities that you can do just for pleasure



At the end of each day could you check in with yourself and reflect on ‘what did I do today that gave me a sense of achievement? Pleasure? Closeness with others?’

Did I get a good balance, or what can I do differently tomorrow?