MY LOCKDOWN DIARY

As we're all stuck at home on lockdown from Covid-19, it's important to take a little ME time each day.

Take some time to stop and think about your day, what happened and how you are feeling. Maybe make this the start of a regular thing - remember to TALK OUT LOUD if you need help and support with your mental health.

WHAT DID I DO FOR ME TODAY?

SOMETHING THAT WENT WELL TODAY

SOMETHING THAT MADE ME SMILE

SOMETHING I WISH HAD GONE BETTER

SOMETHING KIND I DID TODAY