

Treats for you to enjoy while you are at home



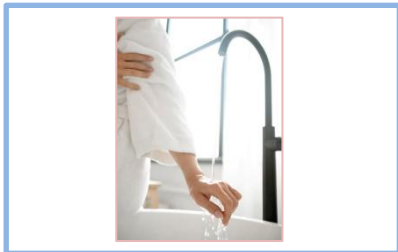
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In these documents you will find 4 weeks of ideas about how you can treat yourself while we are in self-isolation

Week1



1. Get into a good routine



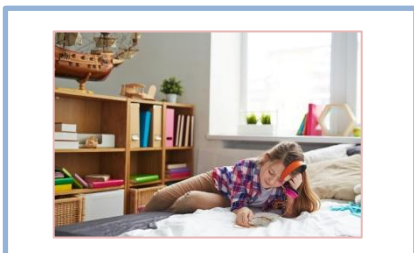
2. Have a warm hot bubble bath. If you have some aromatherapy oils add these and enjoy the aroma



3. Take breakfast to bed and enjoy a book or magazine



4. Read aloud, a favourite poem maybe. If you don't have a book look on the internet for poems



5. Listen to your favourite music

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6. Watch your favourite TV programme, or start a box set



7. Play your favourite game online, or with the family you live with



8. Brew some fresh coffee if you have some, but don't go out specially to buy it. Put it on your shopping list for next time



9. Watch your favourite film



10. Eat your favourite fruit or other healthy snack; but don't go out specially to buy it. Put it on your shopping list