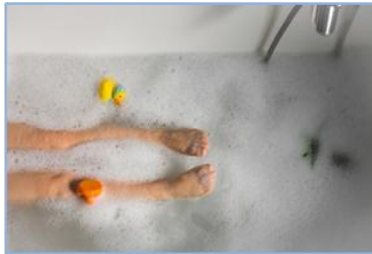


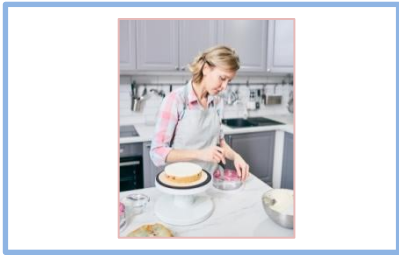
Treats for you to enjoy while you are at home



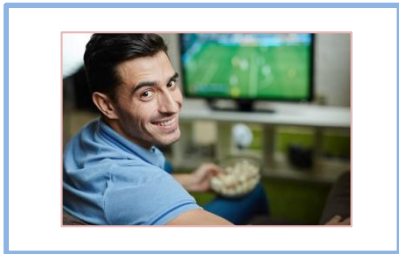
Treats for you to enjoy while you are at home

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

Week 4



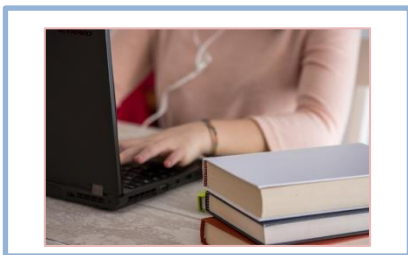
1. Bake your favourite cake



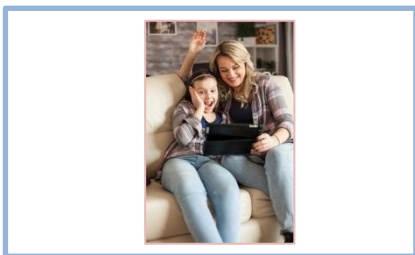
2. Change the channel and watch something different



3. Practice some yoga, it doesn't have to be difficult



4. Start learning another language. Look online for some ideas



5. Throw a virtual party through Skype or Zoom. Ask family and friends to join you

Treats for you to enjoy while you are at home

Week 4



6. Give yourself a hand massage. All you need is some hand cream and a towel



7. Remember to have a relaxing bath with bubbles or aromatherapy oils



8. Drink hot chocolate! Add some to your next shopping list



9. Declutter ... it's time for the mind. Put things in black bags, but don't take them anywhere until after the lockdown



10. Remember you can go out for exercise once a day, but keep social distance. Listen to the birds, enjoy nature