

Wellbeing Wednesday tip
13/01/21

SELF-CARE

As we stay at home to prevent the spread of coronavirus COVID-19, many of us have the unexpected gift of more time and space to care for ourselves. These days, when people talk about self-care they are generally talking about the conscious and deliberate choice to do something that looks after you and your wellbeing. Performing self-care will enable you to do your job, care for others and do all the things you need or want to accomplish in your day.

Why not try these ideas in the poster? These small gifts you give to yourself can help you to be more resilient and grounded, even in uncertain times.

Be kind. Be patient. Be generous. Be accepting. Be all these things to yourself. That is where it begins.

Remember...

- We offer a virtual clinic every fortnight to support our families, which you can book by phoning the school office
- Our Wellbeing section on the school website has been updated to include parent support and links to other agencies regarding Covid-19 support