Tips for calendar

- **Try to include <u>one exercise activity</u> daily. There are lots of options on YouTube available for free.**

- **You can <u>include one walk</u> a day. Make sure you stay 2 metres from people and wash your hands for 20 seconds before and after the walk. Take in the flowers and colours on your walk and focus on any nature you see.**

- **If <u>checking the news</u> is making you anxious try to limit yourself to once per day and include it on the calendar.**

- **Try to incorporate <u>one anxiety reducing activity</u> which could be a free guided meditation from Youtube for example.**

- **It's important to <u>keep your home clean</u>. Include a different cleaning activity each day.**

- **Don't worry if you don't stick to the exact timings each day. It's more just give you a guide and support you to have some structure within your day.**