



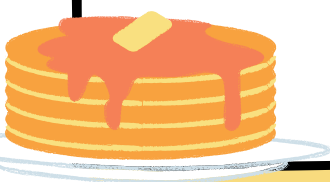
During these difficult times, it can be easy to focus on the negatives and the things we can no longer do. However, changing our perspective to a more positive outlook can boost our wellbeing and mood.

To help practice this, start by writing down 3 things that you are grateful for each day of the week, this could be people, places or just having your favourite meal for tea.

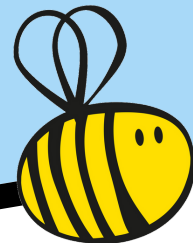


MONDAY

TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

SUNDAY

