

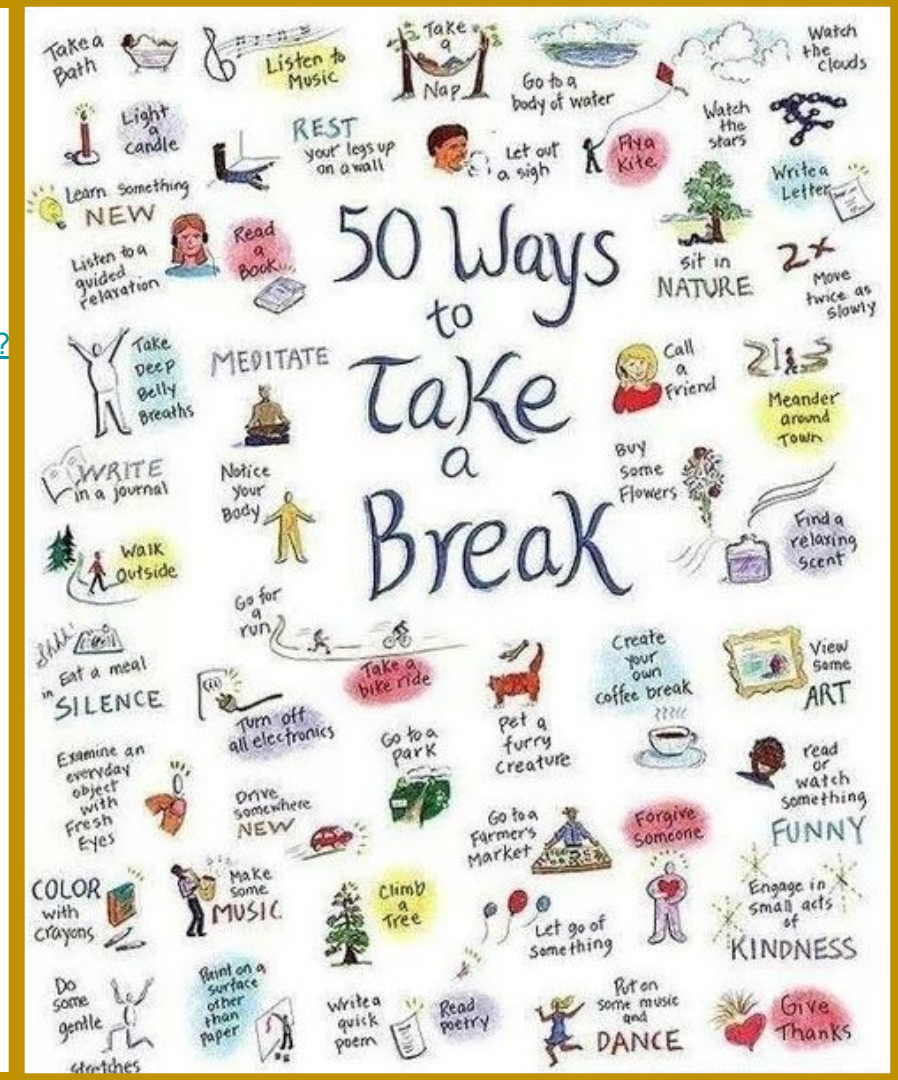
YOUR WELLBEING



Some little tips to help

Five finger breathing - <https://www.youtube.com/watch?>

50 ways to take a break



Letters of gratitude

Write a letter to someone who has inspired you. This could be someone living or dead or someone you have never met.

Write as though you are addressing the person directly.

What are you grateful to them for? Try to describe clearly what the person has done to make you grateful.

Describe the difference this has made to you and how you are doing now because of this.



Gratitude Jar

Write one thing you are thankful for.

This can be something simple such as a nice cup of coffee or a sunny day, or can be for an act of kindness or the actions of a friend.

These anonymous gratitude notes can be shared whenever we want them to be to explore the wide range of things we can find thanks for.



Let's get writing

Collectively write a poem or song about supporting each other through tough times



Lean on me - Bill Withers

<https://www.youtube.com/watch?v=Jrlhn1H1EWw>

Sometimes in our lives we all have pain

We all have sorrow

But if we are wise

We know that there's always tomorrow

Lean on me, when you're not strong

And I'll be your friend

I'll help you carry on

For it won't be long

'Til I'm gonna need

Somebody to lean on

Please swallow your pride

If I have things you need to borrow

For no one can fill those of your needs

That you won't let show

You just call on me brother, when you need a hand

We all need somebody to lean on

I just might have a problem that you'll understand

We all need somebody to lean on

Lean on me, when you're not strong

And I'll be your friend

I'll help you carry on

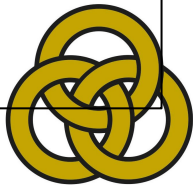
For it won't be long

'Til I'm gonna need

Somebody to lean on

You just call on me brother, when you need a hand

We all need somebody to lean on



He ain't heavy, he's my brother - The hollies

The road is long, with many of winding turns

That lead us to (who knows) where, who knows
where?

But I'm strong, strong enough to carry him - yeah

He ain't heavy - he's my brother

So long we go, his welfare is my concern

No burden is he to bear, we'll get there

But I know he would not encumber me

He ain't heavy - he's my brother

If I'm leaving at all, if I'm leaving with sadness

That everyone's heart isn't filled with the gladness

Of love for one another.

It's a long, long road, from which there is no return

While we're on the way to there, why not share?

And the long doesn't way me down at all

He ain't heavy - he's my brother

He's my brother - he ain't heavy - he's my brother

https://www.youtube.com/watch?v=z_Jx9nqnxOM



Lend a hand - anonymous

Lend a hand to one another
In the daily toil of life;
When we meet a weaker brother,
Let us help him in the strife.
There is none so rich but may,
In his turn, be forced to borrow;
And the poor man's lot to-day
May become our own to-morrow.

Lend a hand to one another:
When malicious tongues have thrown
Dark suspicion on your brother,
Be not prompt to cast a stone.
There is none so good but may
Run adrift in shame and sorrow.

Lend a hand to one another:
In the race for Honor's crown;
Should it fall upon your brother,
Let not envy tear it down.
Lend a hand to all, we pray,
In their sunshine or their sorrow;
And the prize they've won today
May become our own to-morrow.

