Eat a Balanced Diet

Ensure a good night's sleep
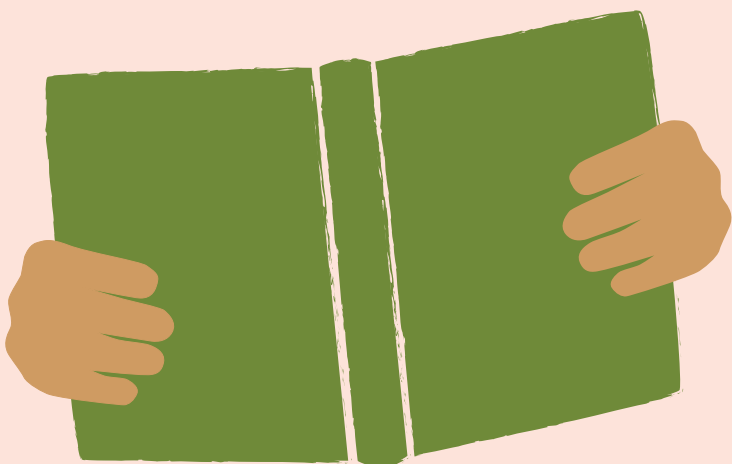
Self Care Week 2023
Mind &
Body

Notice Nature

13-19th November

Make time for friends

Get lost in a Book

Count your steps

Listen to Music

Self Care Forum

NHS