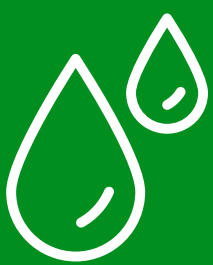




# THE OAK-TREE GROUP OF SCHOOLS

## Mental Health and Wellbeing Tips



### DRINK MORE WATER

Make sure you are drinking enough water throughout the day. There is no end to the benefits of drinking water.



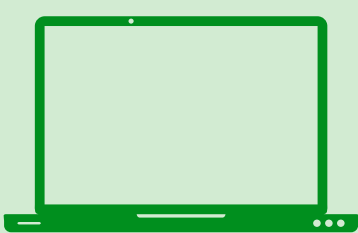
### START A NEW HOBBY

Take part in hobbies you know you enjoy, or keep an active mind by doing something new like learning a new skill or engaging in creative activities.



### KEEP ACTIVE

Exercise keeps you fit and gives you that much needed endorphin rush. Try yoga, dance, home exercise videos or even spring clean the house!



### KNOW WHEN TO CONNECT AND UNPLUG

Staying at home can lead to hours of endless procrastination, especially online. Set times that you should be focused on working and set times for rest.



### KEEP CONNECTED TO OTHERS

Being a homebody is awesome, but you can't keep yourself isolated forever. Make sure you are keeping connected with others, even if it has to be through the virtual world.



### PLANNED SHORT BREAKS

Try and work in the same place every day and then pack away once you are done. It is also important to plan short breaks and stick to them.



### DO THINGS YOU ENJOY

Watch a boxset, take a bath, read a book. It is important to take time for yourself. Although it is a simple concept in theory, it is something that we very often overlook.