

<h1>APRIL 2020: BE SAFE and BE WELL</h1> <p>We live in uncertain times and more than ever it is important to really look after yourself and those around you. So spend some time on your health and wellbeing. Stay safe and take care.</p>				1 <sup>st</sup> "Breathe. Give yourself a break you've never been here before."	2 <sup>nd</sup> Watch the clouds and let your mind wander	3 <sup>rd</sup> Use your electronic devices wisely but turn them off if you need a break.	4 <sup>th</sup> Share this calendar if you think it might help someone just now.
5 <sup>th</sup> Focus on things you can control. Your thoughts and your behaviour.	6 <sup>th</sup> <b>Be proactive.</b> Send photos and messages to people who would love to hear from you.	7 <sup>th</sup> Look at something beautiful – art, the coast or the countryside. Use technology to help you escape.	8 <sup>th</sup> Read or watch something funny.	9 <sup>th</sup> Breathe. Take 5 full deep breaths and hold them. Repeat and be aware of your breathing.	10 <sup>th</sup> " Almost everything will work again if you unplug it for a few minutes... including you." Anne Lamont.	11 <sup>th</sup> Reflect on a good moment in your day and savour it.	12 <sup>th</sup> Enjoy a long bath or shower. Notice the scents around you.
13 <sup>th</sup> Think about one thing that you are really looking forward to.	14 <sup>th</sup> <b>Discover somewhere new.</b> Explore online a place you have always wanted to visit.	15 <sup>th</sup> <b>Find some photos that make you smile.</b>	16 <sup>th</sup> Take a moment to be grateful for the important people in your life.	17 <sup>th</sup> Take 5 minutes to check in with your body. Notice how you feel.	18 <sup>th</sup> Put on your favourite piece of music and really listen to it.	19 <sup>th</sup> Give yourself time to have lunch – even better if you can share it with someone via video chat.	20 <sup>th</sup> "If you are tired learn to rest not to quit"
21 <sup>st</sup> <b>Create your own coffee break.</b> Sit and enjoy it.	22 <sup>nd</sup> Take 5mins to give thanks for things you are grateful for.	23 <sup>rd</sup> Arrange a phone or video catch up with someone who lifts your mood.	24 <sup>th</sup> Light a candle or watch flames.	25 <sup>th</sup> <b>Spend time on your hobby or just doing something you enjoy.</b>	26 <sup>th</sup> Go outside safely and just listen for 10 mins.	27 <sup>th</sup> Plan in a nap. Take half an hour to snooze.	28 <sup>th</sup> Lose yourself in a book, piece of music or writing.
29 <sup>th</sup> "Taking time to do nothing often brings everything into perspective."  Doe Zantamata	30 <sup>th</sup> Listen to a guided meditation, TED talk or podcast.	<p><b>We work with teams to increase effectiveness, success and well-being.</b></p> <p><b>Please get in touch if you think we could be part of your next step.</b></p>		<p><b>SIGNPOST COACHING SERVICES</b> 07909808220 welcome@signpostcoaching.co.uk</p>			

