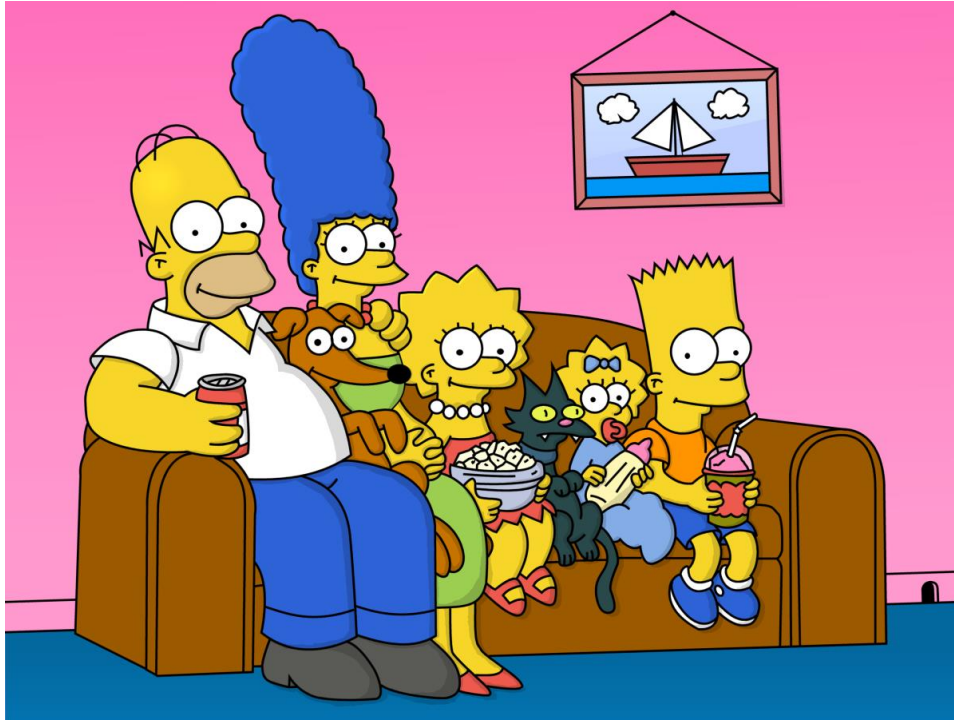


Wellbeing Tip of the Week

Quality time with family or friends



Try to find some time to do an activity as a family or household, such as, going to the park (keeping to Covid restrictions), playing a board game, cooking together, or making arts and crafts.

Spending quality time together can strengthen our relationships, help us to reconnect with others and encourages positive communication. Bonding with loved ones increases dopamine levels which help us to feel good and promotes positive wellbeing.