

Taking time away from your computer screen

Taking time out away from computer screens and getting out in the fresh air has lots of positive benefits and is especially important during the Winter months, and even more so whilst we are in Lockdown. A change of scenery and getting out amongst nature can help to lift your mood, revitalise, and energise the body leaving you stronger to cope with everyday challenges.

Why not set yourself a target of walking 10,000 steps a day and create your own tracker in your Creative Journal. Record your progress to spur you on to embed healthy habits into every day.

