



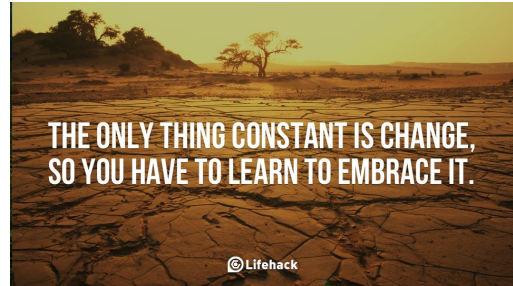
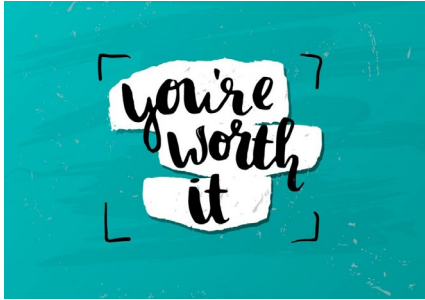
A Spin on Wellbeing

How are you going with Self Care?

Try these positive ideas

[10 ways to take care of yourself during coronavirus](#)

[A guide to dealing with constant change due to COVID-19](#)



Send this link to your parents/guardians & family.

<https://michaelcarrregg.com/resources-2>



Music and you

A new way to watch Netflix together



[Netflix Party](#) is a new way to watch Netflix with your friends online. Netflix Party synchronizes video playback and adds group chat to your favorite Netflix shows. It is free and you can watch a show together with friends.

[5 ways music can get you through tough times](#)





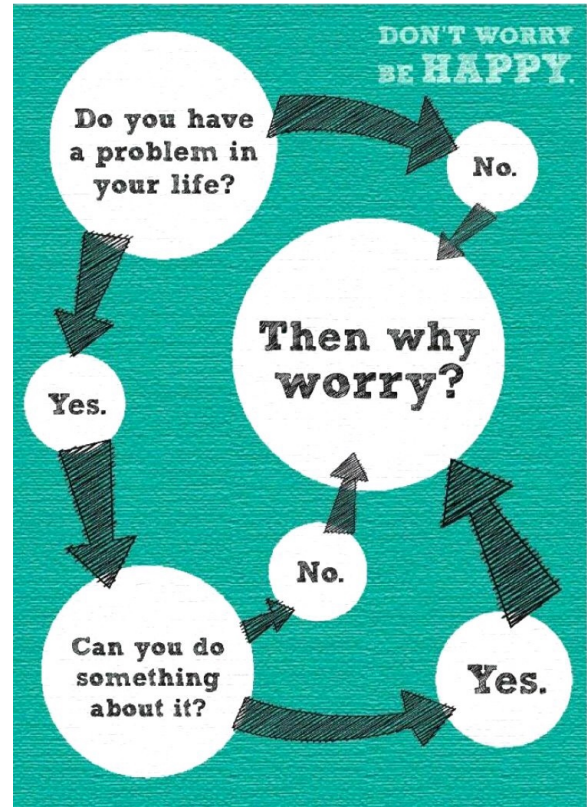
A Spin on Wellbeing

Gaming and you

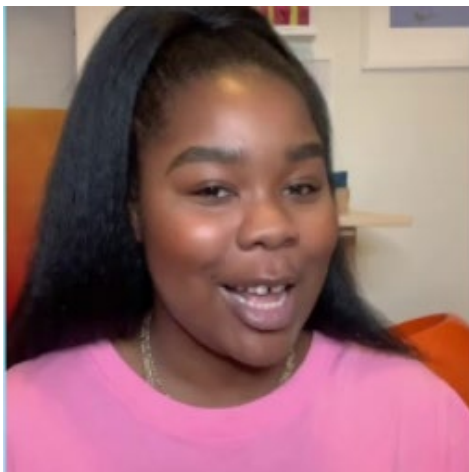
[How to stay healthy when gaming](#)



How To Stay Healthy While Gaming



Staying connected to friends



[Staying socially connected during coronavirus – with FlexMami](#)

Digital Detox

Take micro breaks

Making your screen black and white

Turn off alerts - BUT not from your teachers!!



Take care,

Wellbeing Support Service.