



# Feel Good Friday

## Self-Care for Mid-term

# Some ideas...

Cook a special or new meal

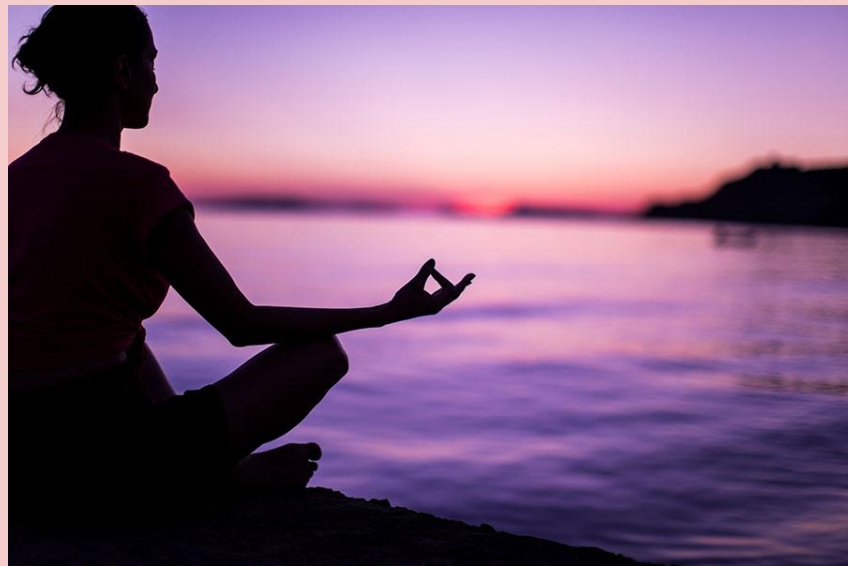
Watch your favourite movie

Create a Pinterest vision board

Do a guided meditation

Watch an entire series on Netflix

Call a loved one or friend



Or...

Write a letter to your future self

Play a video or computer game

Do a word puzzle or Sudoku

Play with a pet

Learn a new skill on YouTube

Lay in bed all morning (one morning!)



Or...

Do an at-home workout

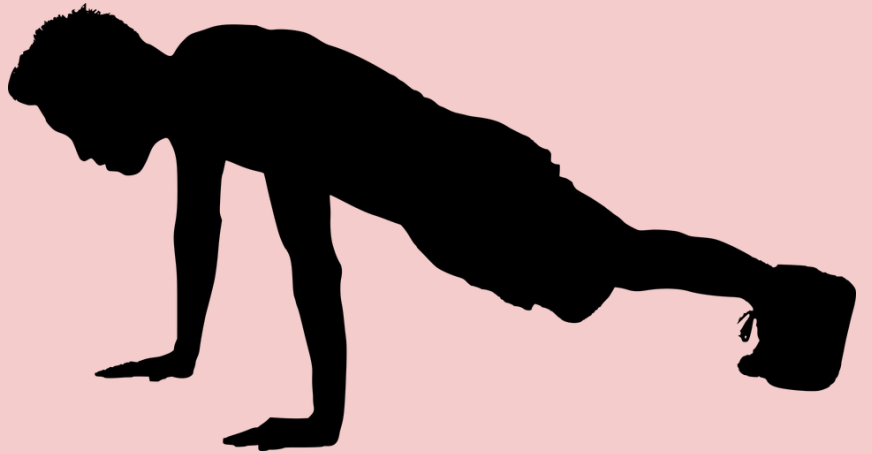
Try a breathing exercise

Watch a webinar or virtual workshop

Write down your own affirmations

Call an older relative and check in with them

Read a book



Or...

Practice your creative writing: poetry, short stories, etc.

Clean your room/ clean out your wardrobe

Write and send a thank you card

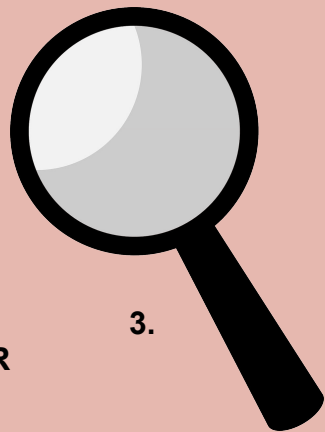
Make lists: what makes you happy? Favourite things to do? Etc.

Go for a walk/ get fresh air daily.

Listen to a new podcast.



# ANSWERS FROM LAST WEEKS BRAINTEASERS



## PUZZLE 1

1. LETTUCE
2. CARROT
3. ARTICHOKE
4. PARSNIP
5. BROCCOLI

## PUZZLE 2

TIME - TILE - TILL - TOLL - TOLD - GOLD

## PUZZLE 3

1. CAST: BROADCAST / CASTAWAY
2. MAN: MANPOWER / POWERBOAT
3. DRIFT: SNOWDRIFT/ DRIFTWOOD

## PUZZLE 4

1. TELEVISION
2. CONTROL
3. PREPARE

## PUZZLE 5

1. SPARROW
2. SEAGULL
- 3.
4. WOODPECKER

## PUZZLE 6

1.  $29=6X3 +7 +4$
2.  $59=6+3 X7 -4$
3.  $79=6X4 X3 +7$

## PUZZLE 7

1. CHESTNUT
2. SYCAMORE
3. COCONUT

## PUZZLE 8

1. DIAMOND
2. TUFT
3. NYLON
4. CYNIC