



KEEP POSITIVE
DURING COVID 19
PANDEMIC

SPA & WELLNESS ASSOCIATION OF AFRICA

- SURVIVE – CUT SPENDING TO MINIMUM
- STAY HOME - BREAK THE CHAIN OF TRANSMISSION
- KEEP SOCIAL DISTANCING – 2 METERS
- BE KIND TO YOUR FAMILY
- TAKE A ONE HOUR WALK DAILY
- BREATHE IN DEEPLY
- PRAY OR MEDITATE
- EAT HEALTHY
- DRINK WATER
- WATCH THE NEWS ONCE A DAY TO UPDATE YOURSELF
- LOOK AFTER YOUR NEIGHBOURS
- WATCH FUNNY VIDEOS
- LISTEN TO MUSIC THAT MAKES YOU HAPPY
- TAKE ADVANTAGE OF FOUND TIME; LEARN SOMETHING, GET YOUR DOCUMENTS IN ORDER,
- RECONNECT WITH NATURE OR FAMILY
- EMBRACE SLEEP DURING THE DAY.
- CLOSE YOUR DAY, EVERY DAY, WITH A POSITIVE ACKNOWLEDGEMENT OF SOMETHING YOU ACCOMPLISHED, LEARNED OR ARE GRATEFUL FOR.