

My Own Wellbeing Plan for the Day

It's important to take moments throughout your day to mind yourself.

If you are a stay at home mum/dad, working from home or back in the office, create your own wellbeing plan for your day.

- Take a moment to practice this [Mindful Tea Drinking](https://www.barnardos.ie/media/8674/mindful-tea-drinking.pdf) activity.
- Use these [Affirmation Cards](https://www.barnardos.ie/media/8675/my-own-affirmation-cards-adults.pdf) or create your own and remember to talk positively to yourself each day.