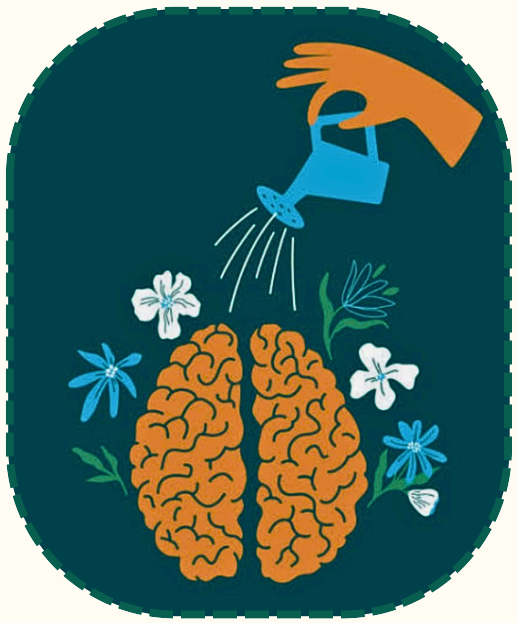
Southam College

TIPS FOR WELLBEING



- EAT HEALTHY NUTRITIOUS FOODS AND STAY HYDRATED
- MAKE TIME FOR THINGS YOU ENJOY
- TAKE REST BREAKS
- EXERCISE AND ALLOW TIME OUTSIDE
- GET PLENTY OF SLEEP