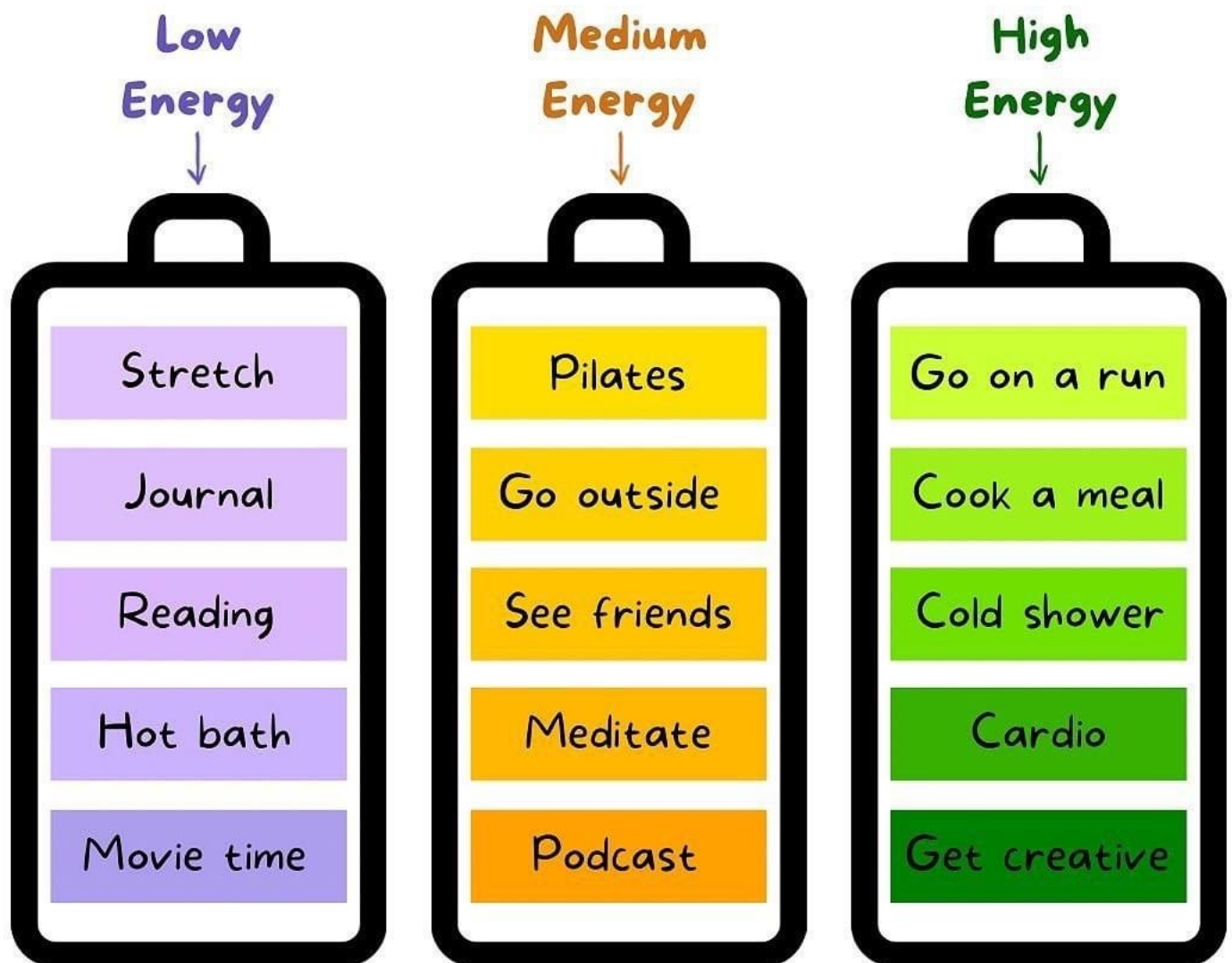


Everyone is tired, physically and mentally/emotionally, from the pandemic on top of all our 'normal' day to day. We all manage it in different ways and that's ok. Taking care of ourselves is relatively easy when we sleep well and have high energy. But what about the days you have low and medium energy?

Here are some suggestions for different energy levels to help us refuel.

## Take Care of Yourself Regardless of Your Energy Levels



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From the Counselling Department