

Angelic Presence Tips



Always dress, get out of your Pj's -it helps to keep routine and helps you to feel more positive.



Celebrate the little wins in your day



For those who like to wear lipstick, even though we are wearing a mask at the moment, still apply your makeup and lippy it can make you feel fabulous, because we use the lipstick for ourselves not anyone else and it doesn't matter if they can't see it. You know!



Reach out and make connections either to work colleagues or family and friends, check up on others that you know maybe living alone or a single mum or dad, it not only helps them, but it helps you also.



It's best not to be stuck to the news channels or have it on in the background all day just listening to the doom and gloom of what is the news cycle these days. You might choose to check once or twice a day but best not to have it on 24/7



Get outside, whether it's for a walk or to have a cuppa in the fresh air, take a break, find some sun, relax, don't take work or your phone with you - just you.



Eat healthily, don't rely on Uber eats and take away, try different recipes, cook as a family, try a vegetable you may not have eaten before, make it fun and your body will love you for it.



My favorites are Meditation and being creative, find what works for you, there are so many ways to be creative, art, crafts, cooking, writing, gardening, singing ... so many more ideas, find yours!

