![C:\Users\MaryGeraldineByrne\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LTBHBSNQ\wagon-wheel-2826225_960_720[1].png]() **‘Minding my mind’**

![C:\Users\MaryGeraldineByrne\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\GI0722TZ\Man-Walking[1].jpg]() **Take a break and** **go for a walk!**

 ![C:\Users\MaryGeraldineByrne\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\GI0722TZ\Man_sleeping_striped-sheets[1].jpg]() **Get a good sleep it lifts the mood!**

 **Mind the body and the mind!**

 **Careful …alcohol can bring you down!**

![C:\Users\MaryGeraldineByrne\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LTBHBSNQ\Apple-Music-icon[1].jpg]() **Listening to music really lifts the spirits!**