



KEEP CALM

AND

KEEP SHEDDING

Lockdowns and uncertainty can have an impact on our wellbeing and how we might respond to others; it is easy to take out our frustrations on our friends and fellow Shedders.

Let's take a step back, have a cup of tea and reflect.





SMILE & KEEP SHEDDING

Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.
I passed around the corner
and someone saw my grin.
When he smiled I realised
I'd passed it on to him.
I thought about that smile,
then I realised its worth.
A single smile, just like mine
could travel round the earth.
So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!

Smiling Is Infectious
by Spike Milligan

Lockdowns and uncertainty can have an impact on our wellbeing and how we might respond to others; it is easy to take out our frustrations on our friends and fellow Shedders.

Let's take a step back, have a cup of tea and reflect.



BE KIND

Lockdowns and uncertainty can have an impact on our wellbeing and how we might respond to others; it is easy to take out our frustrations on our friends and fellow Shedders.

Let's take a step back, have a cup of tea and reflect.

You can change the direction of your day, by changing your mind-set!

Blowing out someone else's candle doesn't make yours shine brighter.

