

Clear Your Head – social posts

Post 1:

It's important we look after ourselves, now more than ever. Find practical tips on how to Clear Your Head – and feel better – at www.clearyourhead.scot
#ClearYourHead



Post 2:

These are worrying and uncertain times. Moving more, keeping to a routine, or simply taking a breather, are things you can do every day to feel better. For other tips on staying positive during the coronavirus outbreak visit www.clearyourhead.scot
#ClearYourHead



Post 3:

Is the current situation making you feel anxious, worried or stressed? The Clear Your Head campaign provides practical tips to help you cope over the coming weeks. Find sources of help and advice at www.clearyourhead.scot
#ClearYourHead



Post 4:

We're supporting the Scottish Government's Clear Your Head campaign, which highlights the things people can do to look after themselves during the coronavirus outbreak.

Find practical tips on how to stay positive and feel better at www.clearyourhead.scot #ClearYourHead



Post 5:

If you're feeling worried or stressed at the moment, there are things you can do each day to help yourself feel better, like moving more or sticking to a routine.

Find practical tips at www.clearyourhead.scot #ClearYourHead

