

The Road To ReSiLiENCE

During This Time Of Social Distancing



P.E WITH
JOE



Family Exercise

Stay
Active

Help
Others

Granny's Shopping List

- Milk
- Free Range Eggs
- Potatoes
- Brown Bread
- Mince Meat
- Plenty of Fruit and Veg



Eat Fresh!
Stay Healthy!

Be
Creative



Improve Your Mood
By Doing Something Creative



BE
SMART

STAY
6FT APART

ReSiLiENCE

www.gov.ie/together
<https://www2.hse.ie/mental-health/>