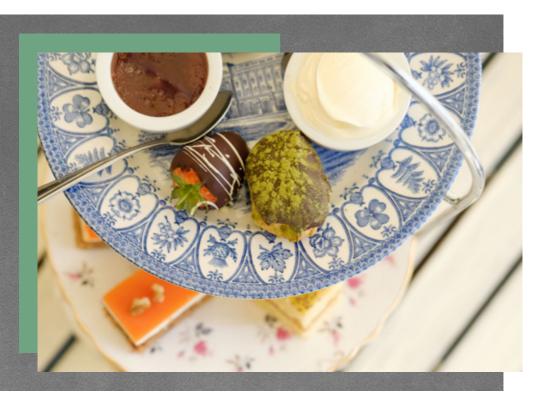
# Little Book of Wellness



#### THE GREAT HOUSE HOTEL & RESTAURANT

### Little Book of Wellness

To help you through this strange time, we've put together a little guide filled with useful tips, ideas and tasks, which we hope will lift your mood and make you smile.

## Daily Self-care Checklist



Get some fresh air



Eat a nourishing meal



Chat to a family member or friend



Drink plenty of water

# Wordsearch

| R | F  | Е   | Т   | U  | S   | Q  | Р   | R   |
|---|--|---|---|--|---|--|---|---|
| С | Х  | L   | Ν   | Е  | С   | D  | W   | 0   |
| С | Ι  | Ν   | А   | G  | R   | 0  | С   | S   |
| Е | $\vee$   | S   | Т   | V  | U   | А  | W   | Е   |
| Υ | 0  | W   | Ν   | U  | 0   | G  | J   | Т   |
| Ν | Е  | $\vee$  | А   | Н  | Ν   | U  | S   | Т   |
| Т | S  | С   | R   | L  | S   | Е  | R   | Е   |
| А | С  | F   | U   | Т  | Е   | Т  | Μ   | S   |
| S | Q  | D   | А   | D  | R   | S  | Μ   | Н   |
| Т | $\mathbb{W}$   | В   | Т   | Е  | 0   | G  | D   | Т   |
| Е | L  | G   | S   | К  | D   | R  | Y   | J   |
| Е | В  | S   | Е   | Ν  | Ζ   | G  | Р   | D   |
| W | Е  | Н   | R   | Н  | 0   | Т  | Е   | L   |
| D | 0  | 0   | F   | Q  | D   | Ζ  | W   | Q   |
| В | В  | R   |   | D  | G   | Е  | Ν   | D   |
|   | C<br>E<br>Y<br>N<br>T<br>A<br>S<br>T<br>E<br>E<br>W<br>D | <ul> <li>C</li> <li>I</li> <li>E</li> <li>V</li> <li>Q</li> <li>N</li> <li>E</li> <li>X</li> <li>Q</li> <li>T</li> <li>W</li> <li>E</li> <li>L</li> <li>E</li> <li>B</li> <li>W</li> <li>E</li> <li>O</li> <li>O</li> </ul> | C       X       L         C       I       N         E       V       S         Y       O       W         N       E       V         T       S       C         A       C       F         S       Q       D         T       W       B         E       L       G         E       B       S         W       E       H         D       O       O | CXLNCINAEVSTYOWNNEVATSCRACFUSQDATWBTELGSWEHRDOOF | CXLNECINAGEVSTVYOWNUNEVAHTSCRLACFUTSQDADTWBTEELGSKEBSENWEHRHDOOFQ | CXLNECCINAGREVSTVUYOWNUONEVAHNTSCRLSACFUTESQDADRTWBTEOELGSKDEBSENZWEHRHODOOFQD | C       X       L       N       E       C       D         C       I       N       A       G       R       O         E       V       S       T       V       U       A         Y       O       W       N       U       O       G         N       E       V       A       H       N       U         N       E       V       A       H       N       U         T       S       C       R       L       S       E         A       C       F       U       T       E       T         S       Q       D       A       D       R       S         T       W       B       T       E       O       G         E       L       G       S       K       D       R         E       B       S       E       N       Z       G         W       E       H       R       H       O       T         D       O       O       F       Q       D       Z | C       X       L       N       E       C       D       W         C       I       N       A       G       R       O       C         E       V       S       T       V       U       A       W         Y       O       W       N       U       O       G       J         N       E       V       A       H       N       U       S         N       E       V       A       H       N       U       S         T       S       C       R       L       S       E       R         A       C       F       U       T       E       T       M         S       Q       D       A       D       R       S       M         A       C       F       U       T       E       T       M         S       Q       D       A       D       R       S       M         I       W       B       T       E       O       G       P         E       B       S       E       N       Z       G       P |

| BRIDGEND | HOTEL      | ROSETTE |
|----------|------------|---------|
| CUISINE  | MENU       | SEASONS |
| DESSERT  | ORGANIC    | TABLE   |
| FLAVOURS | PRODUCE    | TASTE   |
| FOOD     | RESTAURANT | WALES   |

#### Get Creative...

Try out some new recipes in the kitchen that you wouldn't normally have time for

Pick up that book that you've been meaning to read for ages.

Try a new hobby: knitting or yoga perhaps. Make your own face mask and enjoy a relaxing bath.

Plan for the future: make plans to look forward to, and if you're engaged (congratulations!) use this time to research venues and suppliers.

Start learning a new language. Colour Me In...



| Things I am grateful for | Things to look forward to |
|--------------------------|---------------------------|
|                          |                           |
|                          |                           |
|                          |                           |
|                          |                           |
|                          |                           |
|                          |                           |
|                          |                           |
|                          |                           |

www.great-house-laleston.co.uk