

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



Chat to a family member or friend



Eat a nourishing meal



Drink plenty of water

Wordsearch

A R F E T U S Q P R
U C X L N E C D W O
Q C I N A G R O C S
E E V S T V U A W E
N Y O W N U O G J T
I N E V A H N U S T
S T S C R L S E R E
I A C F U T E T M S
U S Q D A D R S M H
C T W B T E O G D T
S E L G S K D R Y J
T E B S E N Z G P D
Y W E H R H O T E L
V D O O F Q D Z W Q
U B B R I D G E N D

BRIDGEND
CUISINE
DESSERT
FLAVOURS
FOOD

HOTEL
MENU
ORGANIC
PRODUCE
RESTAURANT

ROSETTE
SEASONS
TABLE
TASTE
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...

