1. Looking for work and finding it difficult to stay motivated? Having structure for your day could help you feel more in control. Starting with something like getting ready at the same time each day, can help things feel more manageable. Find more tips at clearyourhead.scot
2. You might feel worried about life starting to get busier again. Taking time to plan ahead can help you ease any anxieties about changes to your current routine.

Find more tips on dealing with stress [insert arrow] [www.clearyourhead.scot](http://www.clearyourhead.scot)

1. Staying well and looking after your mental health is important as things change. You might be experiencing new feelings or find that old difficulties have reappeared or worsened. Support is available, find sources of help at [www.clearyourhead.scot/support](http://www.clearyourhead.scot/support)
2. It’s more important than ever to look out for each other. Reaching out to someone can make a big difference – and it can help you feel better too. Why not #DoOneCheckIn today?

Find more tips on staying connected [insert arrow] [www.clearyourhead.scot](http://www.clearyourhead.scot)

1. During these difficult times, constantly refreshing the news can be draining. It’s important to stay up to date with what’s going on, but try to limit the amount of news you read and stick to trusted sources.

Find more help and support [insert arrow] [www.clearyourhead.scot](http://www.clearyourhead.scot)