



LISTEN WELL to your friends, neighbours and

colleagues today to show you care.



Show yourself some love 8

BE KIND TO YOURSELF

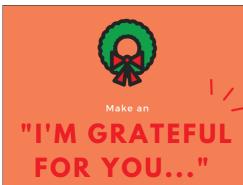
by doing something your family loves to do together.



BUY OR GIVE SOMEONE A BRINK & ask them what the

DRINK & ask them what their Christmas plans are.





list with five reasons why you're grateful for a friend, neighbour or colleague & give it to them







