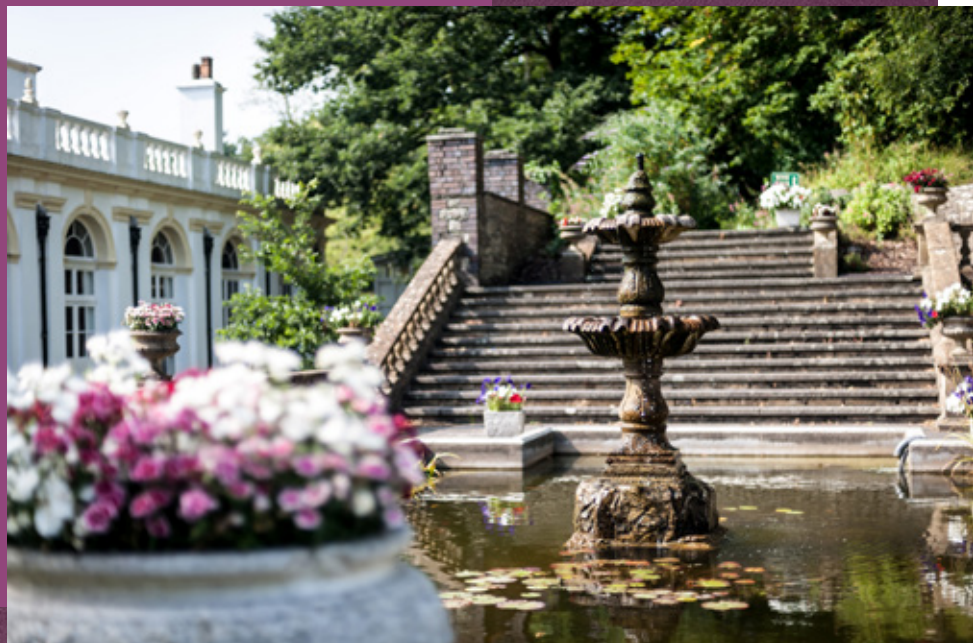


# Little Book of Wellness



COURT COLMAN  
MANOR HOTEL

# 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.

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## Daily Self-care Checklist



Get some fresh air



Chat to a family member or friend



Eat a nourishing meal



Drink plenty of water

# 'I do' Wedding Wordsearch

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

BRIDE  
CEREMONY  
DRESS  
FLOWERS  
GROOM

HONEYMOON  
KISS  
LOVE  
RECEPTION  
RINGS

RSVP  
TUXEDO  
VEIL  
VOWS  
WEDDING

## 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.

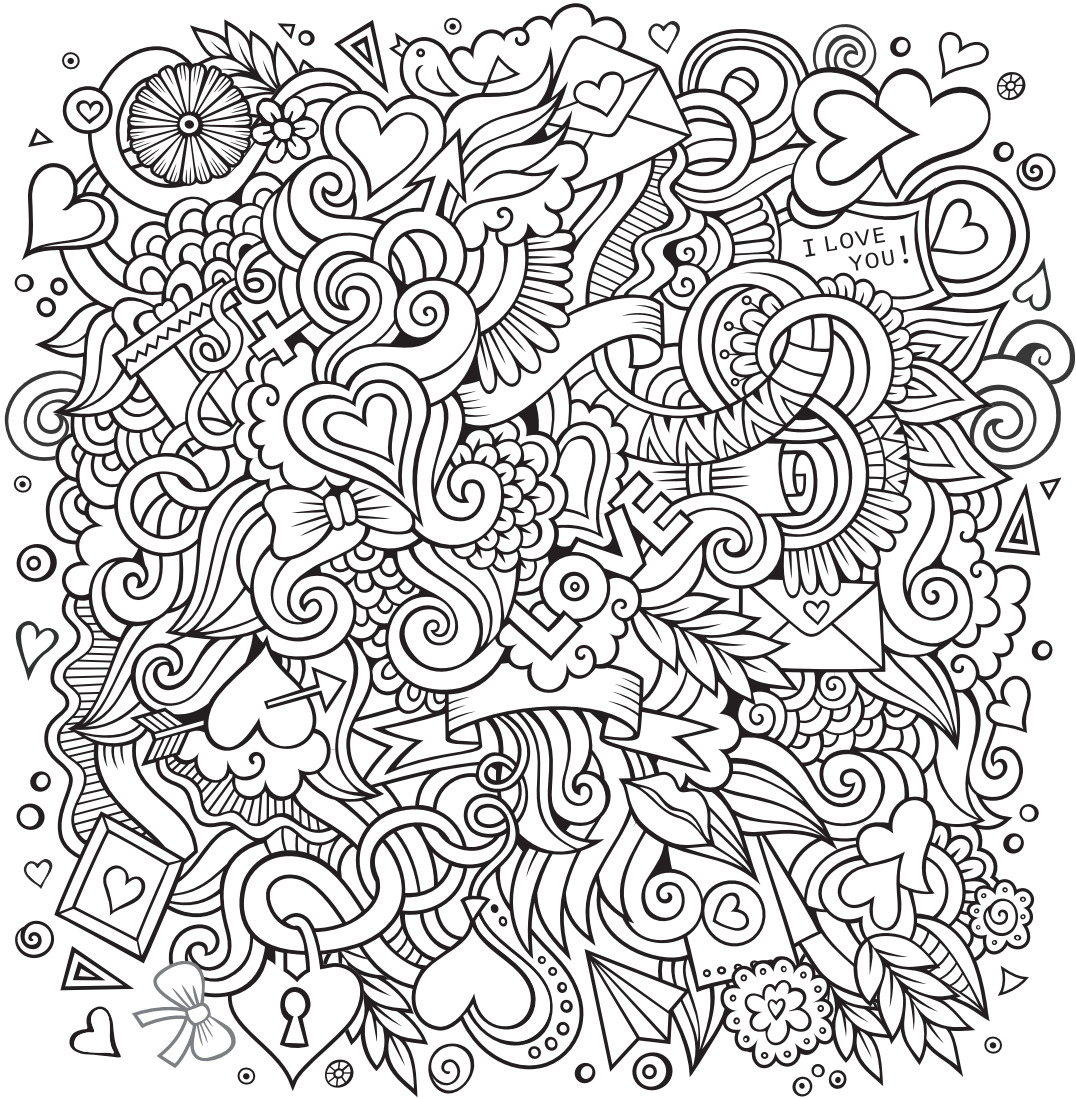
Try a new hobby: knitting or yoga perhaps.

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...

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Things to look forward to...

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