

WELL BEING IN LOCKDOWN

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PHYSICAL WELL BEING

I like going for walks because
its good for my health and its
nice to get away from my
house



SOCIAL WELL BEING

I talk to my friends a lot on
facetime to keep us
entertained and to make
sure we still know how to talk
to people



EMOTIONAL WELL BEING

for my emotional well
being, I like to play board
games with my family or
bake by myself because
it cleansing



SPIRITUAL WELL BEING

for my spiritual well being I
sometimes like to do yoga or
some sudoku or walks on the
beach to clear my head



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