



## Week 5

# Tips to help you structure your day during lockdown

### Mornings

#### Get help with maths

You might not be a mathlete, but it shouldn't stop your child from becoming one. Get help with maths and other schoolwork-related challenges with the [Tutor](#) service.

#### Check in with GSK on Tap

It's good to stay informed but it's also easy to scroll yourself into an anxious mess. Talk to us if you need the latest info on all things COVID-19: [www.gskontap.co.za/](http://www.gskontap.co.za/)

#### Get dinner sorted

Buy ready-made meals either in-store or online with the [Dining Heat & Eat benefit](#).

#### Check in with GSK on Tap

Need gloves or hand sanitiser? Chat to us now: [www.gskontap.co.za/](http://www.gskontap.co.za/)

#### Online physiotherapy

Soothe joint and muscle pains with treatment from qualified and accredited physiotherapists in exclusive online physio sessions. Find out how: [www.gskontap.co.za/](http://www.gskontap.co.za/)

#### Get essentials

Running low on essentials? Reach out to us and we'll put you in touch with our concierge driver or online shopping partners: [www.gskontap.co.za/concierge](http://www.gskontap.co.za/concierge)

#### Stay positive

Embrace a positive outlook and use your quiet time to appreciate what you have.

#### Get gardening

Whether it's weeding out the unwanted stuff or growing your own fruit and veggies, get tons of inspiration by downloading this 80-page free [gardening survival guide](#).

#### Volunteer virtually

Give back without leaving your home by volunteering your time or skills. Visit [forgood.co.za](http://forgood.co.za) to see how you can get involved.

### Lunch times

#### Take a time out

It's okay to take a break while working remotely. Use the time to throw in a load of laundry, but try not to use your break to clean out that closet.

#### Check in with GSK on Tap

Need help with anything? We're online and ready to help you. Chat to us now: [www.gskontap.co.za/](http://www.gskontap.co.za/)

#### Make a face mask

Cloth face coverings can be fashioned from household items or made at low cost. See how it's done in this [tutorial](#).

#### Get travel info

COVID-19 cancelled your travel plans. Now what? Find out what your options are if you've booked flights and accommodation. Chat to us: [www.gskontap.co.za/](http://www.gskontap.co.za/)

#### Connect with a co-worker

Arrange a time to chat with a co-worker. Whether you want to catch up or blow off some steam, either way, it might be just the thing you need.

#### Indulge in chocolate

Chocolate just makes everything better. Talk to us about getting sweet treats without setting foot in a grocery store: [www.gskontap.co.za/](http://www.gskontap.co.za/)

#### Baby-sitting duties

Schedule two-hour shifts in which one partner works and the other cares for kids or keeps them busy.

### Afternoons

#### Buy essential goods

Get essentials delivered to your door either via our concierge service or through our online shopping partners. Find out how: [www.gskontap.co.za/concierge](http://www.gskontap.co.za/concierge)

#### Bake, bake, bake

Baking can be therapeutic and, upon completion, can be a small victory when the rest of life is a struggle. Find out how and where you can get baking essentials: [www.gskontap.co.za/](http://www.gskontap.co.za/)

#### Check in with GSK on Tap

Need advice on how to apply for COVID-19 funding for your business? Yes, we can help with that too. Chat to us: [www.gskontap.co.za/](http://www.gskontap.co.za/)

#### Sleep well

Stick to a routine, set alarms, skip that late cup of coffee and decrease your screen time before going to bed. Reading a book and meditation also helps.

#### Check in with GSK on Tap

Have a home emergency and need a plumber or electrician? Chat to us and we'll get a qualified one to assist you in no time: [www.gskontap.co.za/](http://www.gskontap.co.za/)

#### Explore exercise routines

Give your body a workout of a different kind. Join our free online yoga classes with [Yoga Republic](#) or access exclusive workouts on Showmax and DSTV Catch Up.

#### Wine down

Those bottles on your wine rack aren't going to drink themselves. Pour yourself a drink – you deserve it.