



#staysafe #stayhome #staywithGskOnTap

GOT THE LOCKDOWN BLUES? LET'S LIFT YOUR SPIRITS

Hi {Member Name}

A lot of our members have been asking for assistance about life under lockdown. We thought it might be useful to share some of these ideas with you. It could just be exactly what you need to balance your workload and personal life.

Information

We're keeping up to date with the latest government guidelines and doing our best to stay on top of openings and closures, and how this might affect you. Reach out to us if you need help locating pharmacies or finding medication, health services, and/or groceries.

Inspiration

People deal with challenging situations differently. Some like to keep busy and others prefer to lose themselves in a good book. We've been coming up with some interesting ideas for members that could be helpful for you too. It could be anything from ideas on how to keep your kids entertained, helping with remote working or immune-boosting foods. For some, it's an ideal time to try to learn new skills – talk to us if you're looking to level-up and need some ideas.

Take a look at the attached tips for structuring your day during lockdown.

We're online and ready to help. Reach out to us via:

- Use the live chat function on our **website**
- Send an email to **info@gskontap.co.za**
- Or call us on 0861 222 779

If you have any questions or need any help at all, chat to us using the live WebChat feature, call us on 0861 222 779 or send an email to **info@gskontap.co.za**