



Out now, the third instalment of 'Now more than ever, practice emotional self-care' (Ara més que mai, cuidem les nostres emocions) features Pep de n'Andreu, a Formentera native born in the midst of the Spanish Civil War. In the video, Pep shares his longstanding secret to success (hard work) and confides that the pandemic has meant forgoing many of his most beloved activities. Pep hopes the vaccine will usher in a return to normality, and meanwhile finds solace in field work — a tradition he encourages youth to maintain.

The video and associated posters mark an effort by the Consell de Formentera to drive home an essential message: positive thinking is crucial to emotional wellness, whether it's our own or that of those around us. With activities often limited in these times of pandemic, 'Now more than ever' focuses attention on those activities still available to us.

The clip can be downloaded [here](#) or viewed on the [Consell de Formentera YouTube page](#) .

Scroll to the bottom of the page to see the two new posters.

Next week will come with the campaign's fourth instalment. 'Now more than ever, practice emotional self-care' is chiefly promoted via social media and email.

17 February 2021
Communications Department
Consell de Formentera

Ara més que mai,
cuidem les nostres

EMOCIONS



Gaudim del
temps lliure
amb **AFICIONS**



Ara més que mai,
cuidem les nostres

EMOCIONS



Equilibrem
el cos
amb **aliments**
SALUDABLES

