

Out now, the second instalment of ‘Now more than ever, practice emotional self-care’ (Ara més que mai, cuidem les nostres emocions) features Elena Lisbona, a nurse and Formentera resident of 17 years with a message that, in trying times such as these, no one should miss. 10 February also marks the release of two new posters from the same ‘Now more than ever’ campaign. The first encourages islanders to take advantage of Formentera’s wealth of outdoor spaces, while the second posits the power of keeping in touch with loved ones through phone calls or online communication.

The materials 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 viewed on the Consell de Formentera YouTube page .

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

10 February 2021
Communications Department
Consell de Formentera