

10 THINGS YOU CAN DO TO FEEL HAPPIER STRAIGHT AWAY

GET OUTSIDE MORE

Enjoy the fresh air and exercise

EAT GOOD THINGS

Get's your body and mind going

PUT ON YOUR WOW GLASSES

The world is amazing when you really look at it

CALL A FRIEND

It's good to talk

GET CREATIVE

Showcase your talents

SLOW IT DOWN

Just be ...

PLAY MUSIC THAT MAKES YOU FEEL GOOD

Don't suffer in silence

CUT DOWN ON TAKE-AWAY FOOD

Cut out a burger and save money too

DO SOMETHING FOR SOMEONE ELSE

It's not what you do, it's who you do it for

THE HAPPY LIST

Remember the good things

