

# 10 THINGS YOU CAN DO TO FEEL HAPPIER STRAIGHT AWAY

**GET OUTSIDE MORE**

It's great to have a change of scene

**PRIORITISE DOING ACTIVITIES YOU VALUE**

They're worth doing even if it feels hard

**PUT ON YOUR WOW GLASSES**

The world is amazing when you really look at it

**THE EASY WAY TO 5 A DAY**

Drink a glass of smoothie

**EATING BREAKFAST**

Breakfast makes you happy

**SLOW IT DOWN**

Focus on what's happening now

**MAKE A NOTE OF THIS**

Use music to improve your mood

**CHOOSE TO EAT WELL**

Enjoy cooking for yourself or others if you can

**CONNECT WITH FAMILY OR FRIENDS**

It's good to keep in touch

**THE HAPPY LIST**

Remember the good times