

10 Things You Can Do To Feel Happier Straight Away

Get outside more

Enjoy the fresh air and exercise

Healthy eating

Eat fruit, vegetables, bran and a balanced diet

Put on your wow glasses

The world is amazing when you really look at it

You old smoothie

Fruit drinks are healthy - but not too many (they are high in sugar)

Eating breakfast

Breakfast sets you up for the day

Keep a daily routine

Eating, activities and sleeping

Playing music makes you feel good

Don't suffer in silence

Don't take too many naps

Resting is fine but not all the time

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