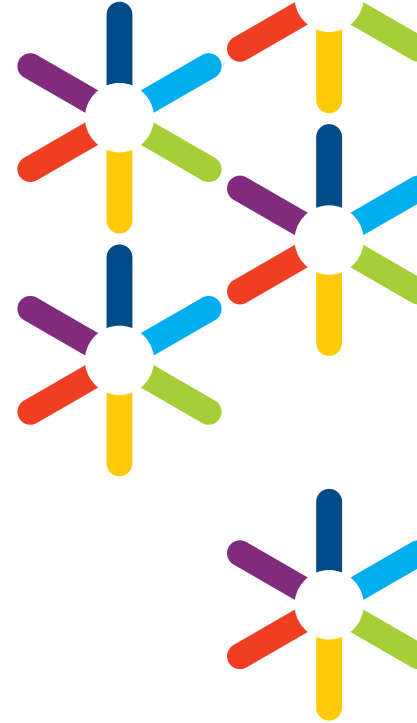


Give yourself time to do things that bring you joy

Here are some tips to get you started.



Caring for your body

- Gently stretch for 10 minutes daily
- Go for a bike ride
- Pratise mindfulness meditation
- Eat a balanced diet
- Reduce your alcohol intake
- Go for a walk
- Allow yourself to rest

Connecting with others

- Call or FaceTime a friend
- Play a card game with family or friends
- Start a new hobby
- Get to know your neighbour
- Join a sports or cultural club
- Volunteer
- Spend time playing with a pet

Stimulate your mind

- Listen to a podcast
- Start journaling
- Learn about a different culture
- Learn a new language
- Teach yourself a new skill
- Read a book
- Try a painting by numbers

Treating yourself

- Cook a new recipe
- Take time out for a cuppa
- Listen to your favourite song
- Order your favourite takeaway
- Watch a new movie or revisit a classic
- Buy a new house plant
- Plan a day trip or staycation