

GIVE

Random acts of kindness make us feel good!

How to Give

- Take the time to ask a work mate how they are... and really listen.
- Don't forget to say thank you when someone has done something for you.
- Smile! It could make someone's day.
- Why not volunteer and get involved with something that makes you smile?

CONNECT

Let's stay connected.

How to Connect

- Catch up with friends or a work mate.
- Call a family member that you haven't spoken to in a while.
- Organise dinner with your family or roommate.
- Have a chat with the people around you.

DAILY ROUTINE

Having a daily routine helps you to learn and keep motivated. How about trying new things?

How to create a Daily Routine

- Include walking or running into your day.
- Try a new healthy recipe
- Try a new sport or exercise class/app.