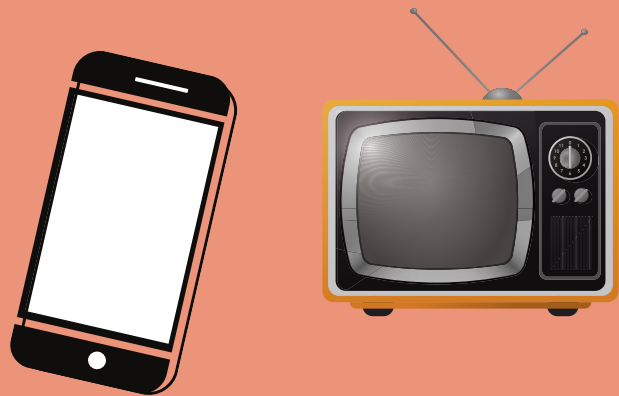


Ten tips for Happiness

Try to limit your screen time



SMILE, and say hello to a stranger



Have an hour long chat with a friend or loved one weekly



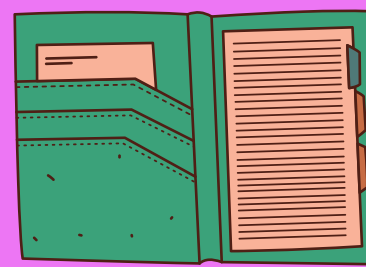
Have a proper belly laugh at least once a day!



Arrange a meet up with your friend/s



Write a gratitude journal- 3 things everyday



Pay it Forward- do something nice for someone else



Have a treat every day... and enjoy it!



Grow a plant, and nurture it



Do some exercise, three times a week!

