

# 6 WAYS TO CARE FOR YOUR WELL-BEING



1



**GET ENOUGH SLEEP**  
for better concentration  
and energy

2



**THINK POSITIVE**  
and appreciate the  
good things in life

3



**DO MORE OF  
WHAT YOU ENJOY**  
to feel more refreshed  
and energised

4



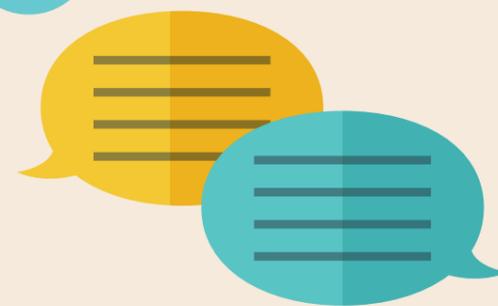
**EXERCISE REGULARLY**  
to release “happy” hormones  
into your body

5



**PRACTISE DEEP BREATHING**  
by inhaling slowly for 5 counts  
and exhaling slowly  
for 5 counts

6



**SPEAK TO SOMEONE**  
to share your feelings

