

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



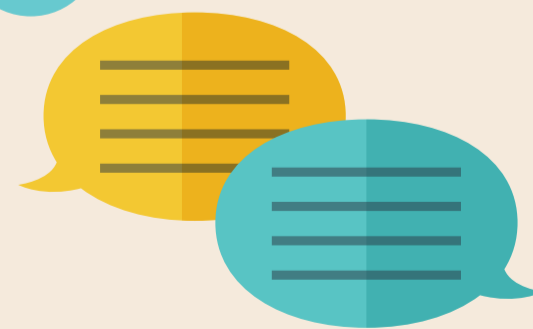
EXERCISE REGULARLY
to release “happy” hormones
into your body

5



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

6



SPEAK TO SOMEONE
to share your feelings

