

Ten.

things to do — to be a little happier

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| <i>one</i> | Learn something |
| <i>two</i> | Think about the good things you've done |
| <i>three</i> | Take care of what you eat |
| <i>four</i> | Keep in touch with friends & loved ones |
| <i>five</i> | Be physically active |
| <i>six</i> | Be kind to yourself |
| <i>seven</i> | Get involved with others, make a contribution |
| <i>eight</i> | Take a break |
| <i>nine</i> | Ask for help, share what you're feeling |
| <i>ten</i> | Make something — get creative |

