



Taking medicine	Spending time with friends	Eating a balanced diet that includes plenty of fruit and vegetables	
Washing and keeping your body clean	Drinking water regularly	Swimming, dancing or indoor sports	
Helping an elderly neighbour with their shopping	Having fun with your family	Stroking a pet	
Taking rest, relaxing, quiet time	Going outside, fresh air	Talking about problems to a doctor, nurse or counsellor	
Playing board games	Playing active games outdoors	Joining a sports club	
Drawing, painting or making something	Listening to music	Playing on the computer	
Thinking of happy times	Offering to do a chore at home	Taking the dog for a walk	