



Awaken
the Change

Focusing Minds For Positive Results

10 TIPS TO GIVE YOUR HEALTH AND WELL-BEING A BOOST

1. See your doctor for a health check first
2. Eat a well- balanced diet
3. Get outside and connect with nature
4. Laugh
5. Speak to friends
6. Exercise to your safe limits
7. Practice meditation or mindfulness
8. Listen to music
9. Buy yourself something new
10. Smile