

TOP 10 HAPPY TIPS

Follow these top 10 tips to guarantee a happier you!



Did you know a typical young person needs around 9 hours sleep a night and adults need 7-9 hours? The younger you are, the more sleep you need because you are growing more. If you have difficulty falling asleep, try a regular wind down to help you relax and make your bedroom sleep friendly. Turn off any electronic devices like phones and TVs a couple of hours before bedtime and aim to go to bed at the same time each night.



Exercise releases endorphins which are feel good hormones in the body. It doesn't have to be boring and can include anything from walking your dog to playing football to free running or dance. Just try it and if you don't enjoy it, try something else! It also goes without saying if you regularly exercise, it will keep you weight healthy and body toned, making you feel more confident.



Food and mood are massively related! If you have a poor diet of junk food, no vegetables, processed food like microwave meals you are going to feel tired, low in mood and it won't do you any favours for your weight. Switch up your diet and add more fruit and veg, reduce your caffeine intake, have a go at making meals from scratch and cut out the rubbish and you will definitely feel better.



Being kind doesn't cost a thing and can make someone feel good because of your actions. Then because they feel good, so will you! It could be simply holding a door for someone or sending a text to a friend to ask how they are.



It's sometimes easy to forget on a basic level we are alive and breathing and compared to others we lead a healthy life. **What are you truly thankful for?** Everyday take note of at least 3 things you are grateful for and try and keep it specific and about that day only.



Being creative can involve painting or creating a scrapbook of your memories or getting into home interiors. It can act as a great distraction from stress and anxiety and is a healthy outlet to get rid of any unwanted or difficult emotions.



Whether its listening to or making music, it hugely affects the way you feel. There's a type of music for every need whether you need motivating for the gym, or to relax from a hard day or to help you concentrate for an exam. Use streaming apps for inspiration.

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When we are looking into the past we often can feel low in mood or we dwell on what could have been. Whilst with the future we can be anxious about what might happen and sometimes we even predict the future even though most of the time our predictions are incorrect! **Try and be more present**, observe your surroundings and take note of how you feel. Live for the moment!



Share how you are feeling with someone or some people. There will always be someone who will be willing to listen and if you don't feel like there is, there are plenty of charities online that can help. Another great tip if you struggle to talk, is to write down your feelings. Get it out and don't bottle it up.

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This could be a hobby or giving yourself a mere 30 minutes of time to yourself.

This could be reading a magazine, having a long bath or catching up on a TV programme. A warning sign of too much stress is not having time for those little things you enjoy in life, so be mindful of that.

do more
OF WHAT
MAKES
YOU
happy

CHEERS TO BEING A HAPPIER VERSION OF YOU AND LIVING LIFE TO IT'S FULLEST!