



Eat a Balanced Diet



Ensure a good night's sleep



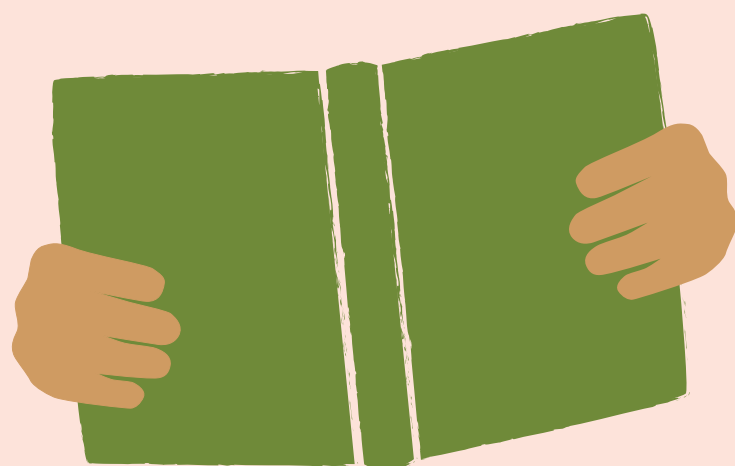
Listen to Music



*Count
your steps*



Notice Nature



Get lost in a Book

13-19th November



Make time for friends