



Eat a Balanced Diet



Ensure a good night's sleep



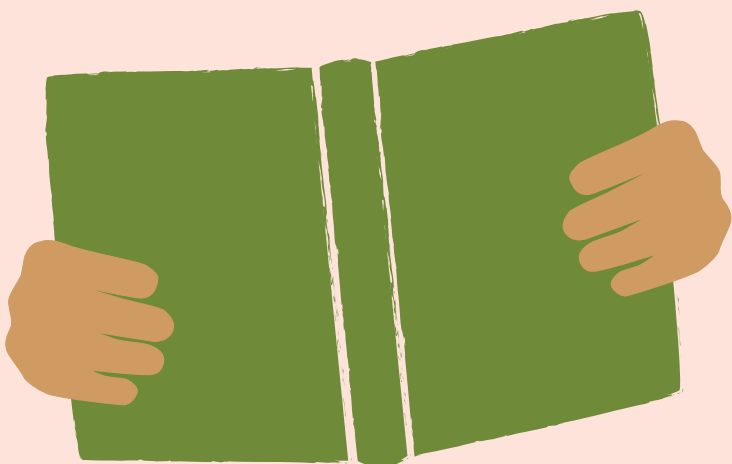
13-19th November



Notice Nature



Make time for friends



Get lost in a Book



*Count
your steps*



Listen to Music