

10 Things You Can Do To Feel Happier Straight Away

Small, easy changes:

Plan to do
more of this

Get outside more	Enjoy the fresh air and exercise	<input type="checkbox"/>
Eat good things	Eat fruit, vegetables, bran and a balanced diet	<input type="checkbox"/>
Put on your WOW glasses	The world is amazing when you really look at it	<input type="checkbox"/>
Call a friend	Connect with people you like	<input type="checkbox"/>
Get Creative	Discover the excitement of creating something new - paint, draw, write ...	<input type="checkbox"/>
Slow it down	Slow down and be aware of your breath, body and surroundings	<input type="checkbox"/>
Make a Note of this	Playing music makes you feel good	<input type="checkbox"/>
Take one away	Cut out one portion of fast food a week	<input type="checkbox"/>
Do something for someone else	It's not what you do, it's who you do it for	<input type="checkbox"/>
The Happy list	Remember the good things	<input type="checkbox"/>