



# 10 THINGS YOU CAN DO TO FEEL HAPPIER STRAIGHT AWAY

**GET YOUR STEPS IN**

**PUT ON YOUR  
WOW GLASSES**

**AN APPLE A DAY**

**DOING PORRIDGE**

**GRAB A SMOOTHIE**

**MAKE A NOTE OF THIS**

**INCREASE YOUR  
HEART RATE**

**KEEP IT AS A TREAT**

**THE HAPPY LIST**

**SAY HELLO**

**When you can, take a walk**

**The world is amazing when  
you really look at it**

**Try to get your 5 a day**

**Breakfast can make  
you happy**

**Instead of caffeine**

**Keep a record of how you're  
feeling**

**Exercise really helps**

**Cut down on regular  
junk food**

**Remember the good times**

**Reach out to a close friend  
or family member**

## LONDON

150 Minories,  
London,  
England  
EC3N 1LS

info@  
t4seducation.com

020 8176 0070

## MANCHESTER

The Quays Digital  
World Centre,  
Salford,  
Manchester,  
England,  
M50 3UB

manchester@  
t4seducation.com

0161 6762 886

## BIRMINGHAM

1st Floor,  
40 St Pauls Square,  
Birmingham,  
England,  
B3 1FQ

birmingham@  
t4seducation.com

0121 817 0400

## KENT

12 Magazine B,  
Ordnance Yard Road,  
Upnor,  
Rochester,  
England,  
ME2 4UY

kent@  
t4seducation.com

01843 264 560

## CARDIFF

18 Windsor Place,  
Cardiff,  
Wales,  
CF10 3BY

cardiff@  
t4seducation.com

029 2160 2662

## STEVENAGE

Co-Space,  
25 Town Square  
Stevenage,  
Hertfordshire,  
SG1 1BP

stevenage@  
t4seducation.com

01494 341 204