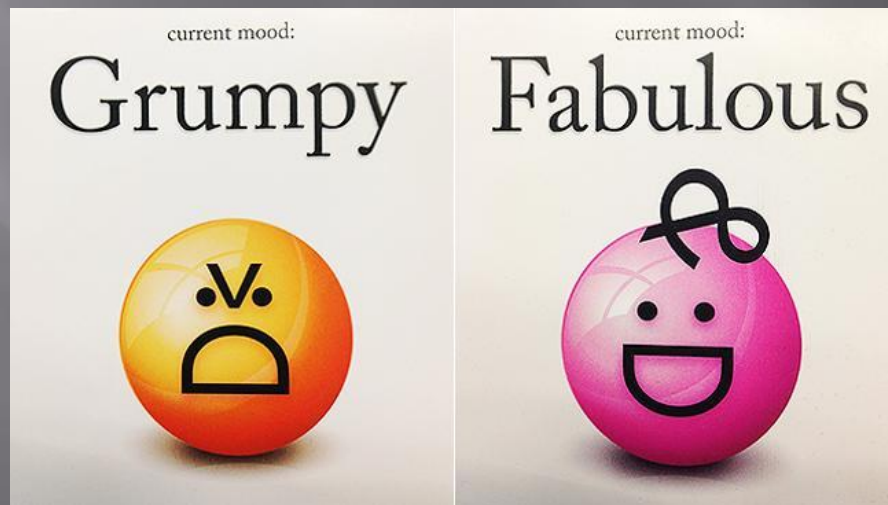


WHEN THE DAY JUST ISN'T GOING RIGHT FOR YOU ...

What can you do?



Make the day better by ...

- ▣ Remembering your gratitude list
- ▣ Doing an act of kindness. It doesn't have to be huge. You could tell a friend how great they are. You could help someone with their homework. You could offer someone a lift home. What could you do? Could this count as community service and go into your passport folder?
- ▣ Eating chocolate – a scientifically proven lift (but it has to be 70% cocoa).

Make the day better by ...

- ▣ Listening to music that lifts your mood.
- ▣ Create a happy play list that you can tune into whenever things get too much.

