

#6 Pamper Yourself

Take time to treat yourself, whether it's a small indulgence or a luxury you've been thinking about for a while, treating yourself every now and then is always an easy way to put a smile on your face.



#8 EAT HEALTHILY

Eating lots of comfort food can seem like a good idea when it's cold and dark outside but this can actually make you feel more sluggish. Getting a good balance of fruit and vegetables is very important during the winter months and can give you a boost of natural energy.



#7

TAKE CHARGE OF YOUR FINANCES

If you've overspent in the run up to Christmas, the start of a new year can be a great time to take charge of your finances and pay off unwanted debts to start the year off in a positive way.



TRY SOMETHING NEW

#9

New Year's resolutions might be a distant memory but there's always time to try something new. Taking up a new hobby or activity can give you a fresh feeling of motivation.



#10



GET SOME SLEEP!

Going to bed an hour earlier than normal will help you feel refreshed and able to function properly for the following day.