

#1 SMILE!

Smiling has been proven to help reduce stress by reducing endorphins and sending more oxygen to the brain, not only that but it is very contagious.



#4 PLAN AHEAD

Take a few minutes out of your day to think about what you are looking forward to, it could be a summer holiday or something you have planned at the weekend.



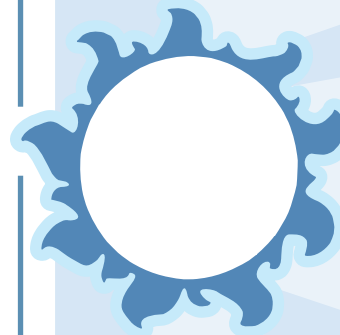
#2 Exercise!

Keeping active releases endorphins,



much like smiling, so why not take your dog out on an extra walk today or take part in a gym class to help beat those Monday blues.

#5 GET OUTDOORS!



Make an effort to get outside as much as you possibly can during the day, natural light triggers hormones that help improve your mood.

#3 Spread your positivity

Random acts of kindness are a great way to boost your mood and others around you. So why not donate to a charity, buy someone a coffee or pay someone an unexpected compliment.

