

5 tips to boost your mood

Get Up and Move to Improve Your Mood

Exercise is one of the best ways to improve your mental health, no matter what your age or fitness level



Problems Feel Smaller When You Share Them

Talking about what's troubling you has been proven to have a positive impact on how you feel



Boost Your Mood with Healthy Food

What you eat can make a big difference to how you feel



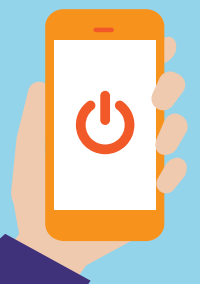
Improve Mental Health with Pets

Pets can reduce anxiety and stress and are a great source of comfort, companionship and motivation



Reduce Your Daily Screen Time

You'll be more productive, feel calmer and happier, and improve relationships, sleep and physical health



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