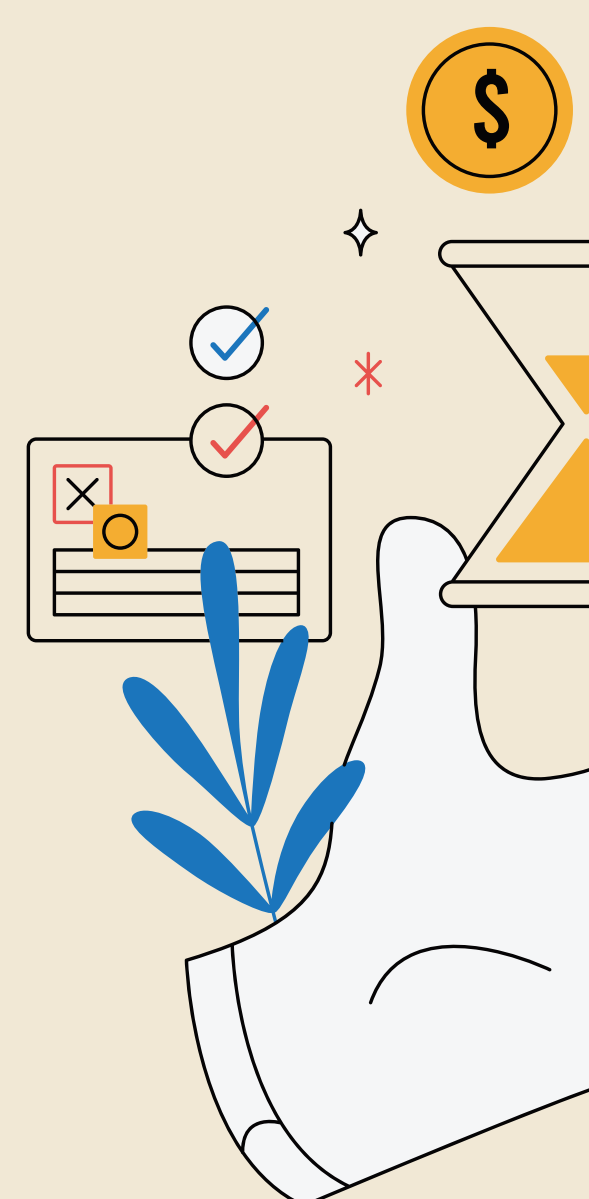




Tips & Tricks
to add to your Routine.



Tips & Tricks

to add to your Routine.



For More

Try This

PEACE

JOURNALING

HAPPINESS

GET SUNLIGHT

PATIENCE

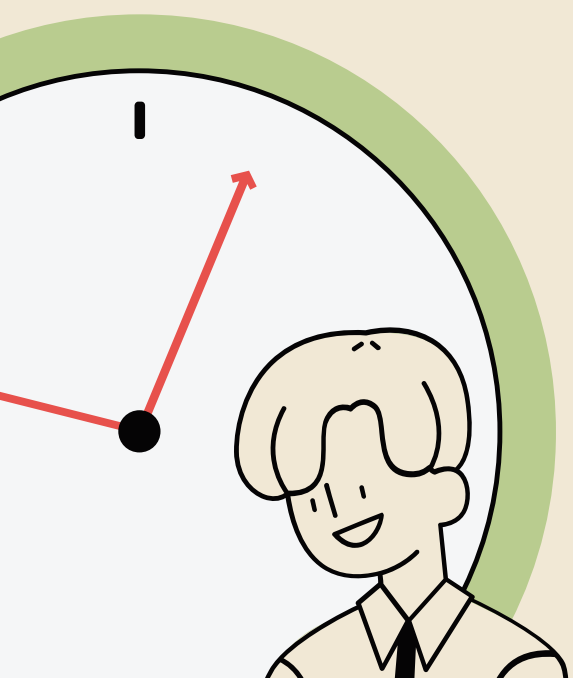
COUNT TO 10

CALMNESS

HUM A TUNE

AWARENESS

TAKE 5 DEEP BREATHS



Tips & Tricks to add to your Routine.

Instead of this

Try This

TV SHOWS

**Listening to a educational
podcast/video**

**RANTING ABOUT A
CRAZY DAY**

**Journal the things you are
grateful for**

**WAITING TO FALL
ASLEEP**

**Read, till you can feel
tired**

WAKE UP ON TIME

**Wake up 30 minuets
earlier for extra time**

DRIVING TO MUSIC

**Drive to a podcast to
learn a new skill**

