

CLICK, LISTEN AND REPEAT

HEALTHY HABITS



drink water regularly



stretch



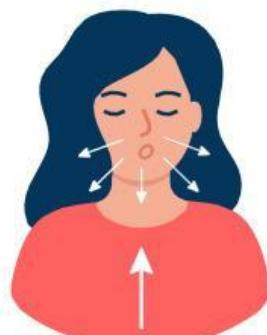
exercise regularly



relax



eat balanced meals



breathe deeply



meditate



listen to calming music



walk 30 min everyday



take regular breaks



read for pleasure