

## **Five ways to stay happy**

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Organise yourself.

Planning for the day ahead can make things easier and help you to avoid unnecessary stress and worries.

Sweat it out.

When stress gets on top of you, exercise is a great way to relax. Physical activity releases feel-good hormones.

Hit your targets.

Setting yourself achievable goals for every day, week, and month, will help give you something positive to aim at and you'll feel great when you get there.

Express, don't repress.

A problem shared is a problem halved. If you've got something troubling you, talk to a friend or someone you trust.

Take some downtime.

Working hard is great but don't forget to give yourself regular breaks, and reward yourself with some free time.