

Top tips for staying happy at home!

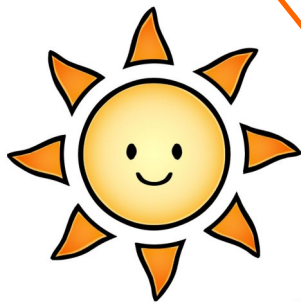


Play a board game with your family one afternoon.



Go on a walk or sit in the garden to get some vitamin D.

1. Play games



2. Get fresh air

Call a relative or friend to make sure they are okay and don't feel lonely.

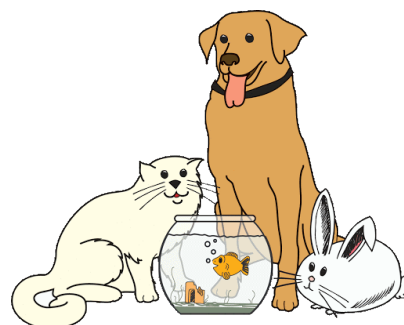
3. Stay in touch



4. Do some exercise

A little exercise will release endorphins and make you feel happy.

5. Cuddle pets



If you are lucky enough to have a pet, make sure to spend some quality time with them.