

WELLBEING

Tips n Tricks

CLICK ON THE PICS FOR MORE INFORMATION....



Music



Exercise



Friends



Cooking



Bath



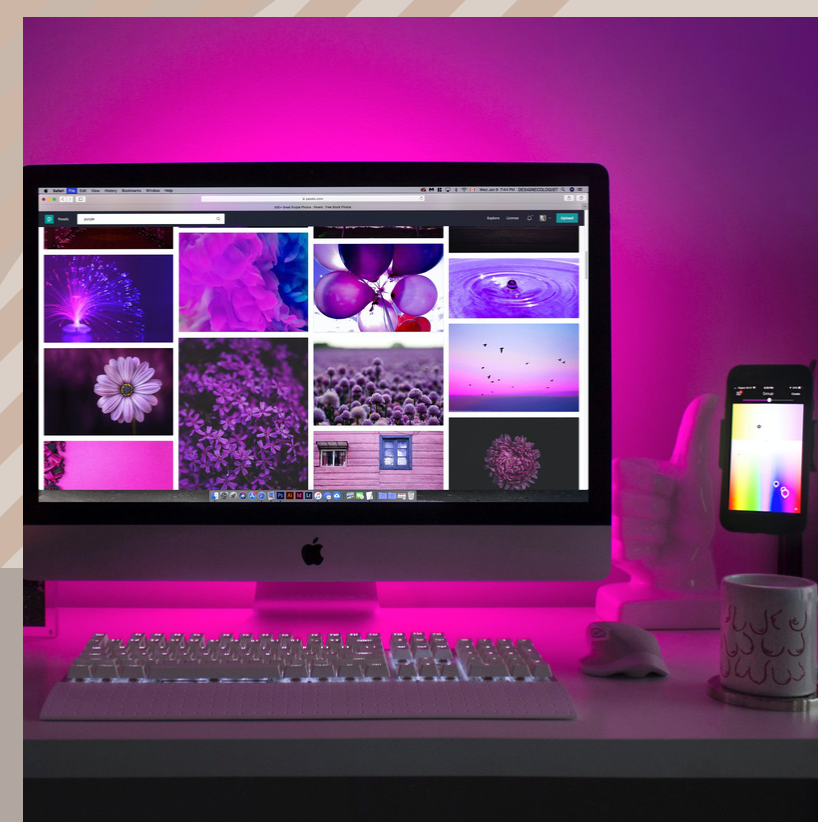
Reading



Walking



Sleep



Digital Detox



Nutrition



Dance



Swim



Home Organisation



Time with Pets



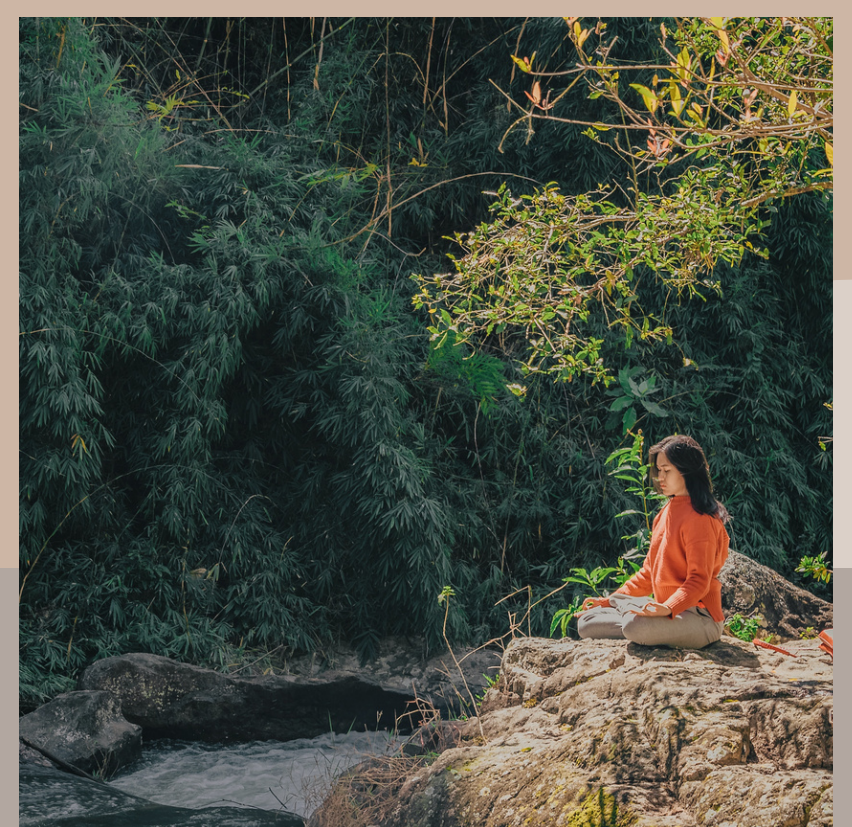
Bike Riding



Watch a Movie



Go to the Beach



Meditate