In challenging times, thinking about your wellbeing and the wellbeing of those around you is really important.

So check out these top tips for some ideas about what you can do to help your wellbeing and spread joy to people close to you!

Write a list of things you’re grateful for and keep a diary.
Go outside for a walk and give someone a smile.

Say thank you to someone or check-in on someone close to you.
Help to keep your local environment clean

Give someone a compliment

You have the best laugh!

You’re so thoughtful. Thank you.

You’re like sunshine on a rainy day.
Tell someone about a new skill you've learnt

Give someone a flower
AND FINALLY...

Tell a joke!

What do you call a dinosaur that is sleeping?

(A dinosnore!!!)