

Be active What can you do to stay more active - anything from tiny changes to your routine to taking up a new sport

Connect How will you stay connected to other people? It could be in person or virtually

Get organised What do you need to do to get your life, health and finance admin in order for the winter?

Give What could you do to help others (and you) feel good? It could be any act of kindness from volunteering time to a smile and a hello

Take notice Take time to absorb the present moment. Maybe take a break from technology or pay more attention to nature when you're outside

Learn Try something new. Whatever sparks your imagination, from learning a new instrument to trying out a new recipe