



A Breath of Fresh Air

How to Feel Good
All Year Round

REBECCA
FRANK



You're only ever a short walk away from a good mood

It's easy to slip into lethargy in winter when the lack of sunlight drains our energy, encouraging hibernation. But simply behaving in a positive and purposeful way will make you feel happier and more energetic. Whatever the weather, act as though it's a warm spring day – go for a walk, look up (wear a hat instead of a hiding under a hood), smile and say hello to people you pass, striding positively with a spring in your step.



Capture your mood before and after by writing three words that summarise your feelings when you set off, and then three words about how you feel when you get back home.

Before

[Blue scribbled box for writing]

[Blue scribbled box for writing]

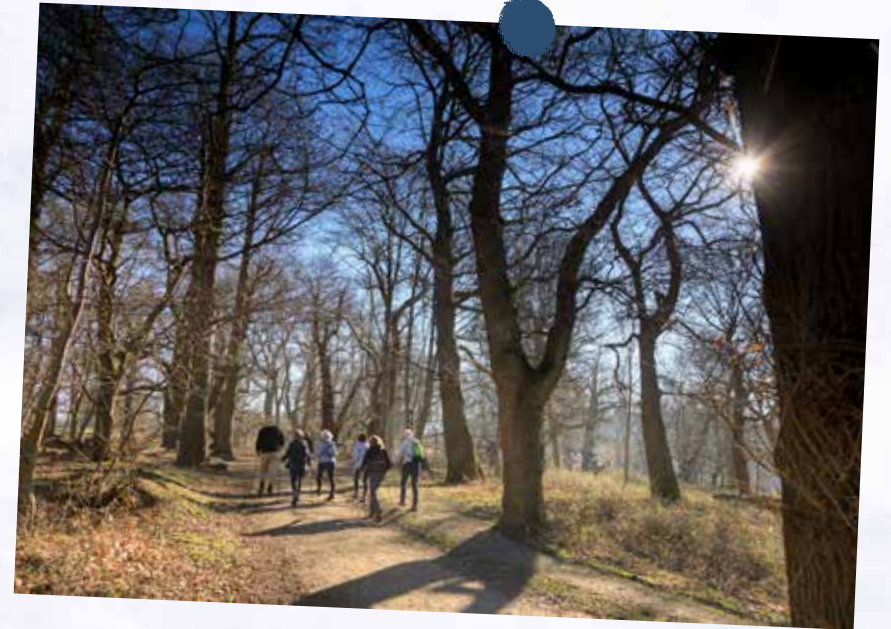
[Blue scribbled box for writing]


After

[Teal scribbled box for writing]

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Design your happy space

Think about the natural environments that make you feel calm. Perhaps you like to sit by water, walk in woodland, watch wildlife or admire a beautiful flower bed? Draw your happy space here, including as many elements you can think of, and look at your drawing whenever you need a dose of contentment. Could you introduce any of these into your home with paintings or decoration patterns, or into your own garden?

