

# Enjoy a little happiness every day



Start your day with basic yoga sun salutations or a gentle stretch.



Take a break to check in with your breathing. Slow it down and breathe from your diaphragm.



Relax at the end of the day with a guided meditation or visualisation.



Take a moment to focus on what you're thankful for.

Updated January 2020

GU Health is a business of nib health funds limited ABN 83 000 124 381.  
Copyright © nib health funds limited 2020. GU Health respects the privacy of our members, view our privacy policy at [guhealth.com.au](http://guhealth.com.au).