

Feel good tips that won't cost you much

1. They won't cost you much, so that's the first feel-good!
2. to get the best benefit from exercise, go high-carb with two or three fig rolls first. Research has shown the optimum munch is a snack of 200 to 300 calories 15 to 30 minutes before you begin.
3. After exercise, and indeed any time you need to relax, try a good long hot bath for as long as you can.
4. Get a Walsall SUE calendar and put in as many dates when you've got something to look forward to as possible.
5. Share some jokes, watch a funny film, or listen to a comedy tape