

Practical information

YOUR RECIPE FOR WELL-BEING



Here are a few tips you can use to help you take care of yourself: a short recipe for well-being.

- 1 A sufficient amount of sleep.
- 2 A few ladlefuls of walking, sport or contact with nature.
- 3 A tablespoon of fun, leisure and laughter.
- 4 Time for talking and contact to your liking.
- 5 Moments of friendship, love, hugs and smiles with your loved ones.
- 6 Generous pinches of gratitude for yourself.
- 7 Short periods of intense experience of the present moment.