



## Welcome to the feel-good factor!

Spring is in the air and suddenly the world seems a little brighter! Now is a great time to harness that feel-good factor and find ways to help put a smile on your face all day long.

Creating joy and harmony in your life is probably simpler than you think. Follow our tips on ways to keep bringing a little sparkle into your day.

- 1. Set realistic goals** – Try not to get overwhelmed by thinking you have too much to do. Cut your to-do list in half, particularly at the weekend when spending time with the family is the best tonic in the world. Having achievable goals will help make you calmer and less frustrated.
- 2. Put friends first** – We all lead busy lives, but an hour or two spent together with best friends can really lift the spirits. If it helps, designate one evening or afternoon a week that you will always put aside to meet up with friends.
- 3. Find the best in things** – Once a week write a list of eight or ten things that you have been grateful for. Even if it's been a really tough few days, writing down the smallest things that have made you feel good – a funny comment made by a friend, the hand-made card brought home from school – can help put things into perspective.
- 4. Care for your skin** – Give hard-working hands the pampering they deserve by using Fairy Clean and Care. This great new detergent, which comes in three beautifully scented varieties, helps keeps hands soft and moisturised as well as doing a great job washing the dishes.
- 5. Get out and about** – At the weekends and during the school holidays make the most of the good weather by going out for a long walk. It's a good way of bonding with your family and an opportunity to get some exercise.
- 6. Create a new you** – Well, just a little bit perhaps! A new haircut or lipstick colour is all we need sometimes to bring about a transformation and to give ourselves an instant make-over.
- 7. Take a breather** – Try and find some time in the day when you can truly relax. Even if you can only spare five minutes, sit back and relish what's good in your life. Finding a little me time will help give you a positive outlook and more energy for the rest of the day.