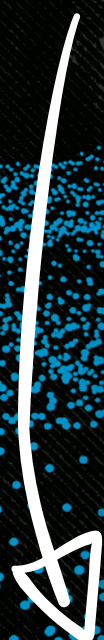


JK'S TOP TIPS FOR WELLBEING

groov

AutoSense
DRIVING SAFETY

TIP 2



Aim to be creative and learn or try something new every day. This strengthens the brain networks and trains your brain to expect positive outcomes, making you feel more optimistic about yourself and life.

JK SAYS

"Anxiety and depression take away your self-esteem, your self-confidence and your enjoyment in life. Putting these simple pillars into your day is scientifically proven to be preventative mental health. I call it my daily mental health plan."

Scan the QR
code to listen
to the podcast



THE DEPOT
HOSTED BY GREG MURPHY

