

# JK'S TOP TIPS FOR WELLBEING

groov

AutoSense  
DRIVING SAFETY

## TIP 5



Make some time every day for pleasure, fun and laughter. It will boost your serotonin and endorphins so you feel happier.

### JK SAYS

*"Smell the roses; stop and enjoy the moment you are in. Eat your sandwich slowly, drink your coffee in a real cup, not a takeaway cup. When driving from A to B, don't worry about what B to C looks like. Learn to gauge when you are not feeling good, and put things in your day that will reset you. I call this my triple A battery. A for Awareness, A for Acknowledgement and A for Act."*

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THE DEPOT  
HOSTED BY GREG MURPHY

