

Bedroom



Read a book



Yoga



Sleep well



Zoom with friends

Bathroom



Skincare



Listen to a podcast



Shower



Sing

Looking after your wellbeing at home

Kitchen



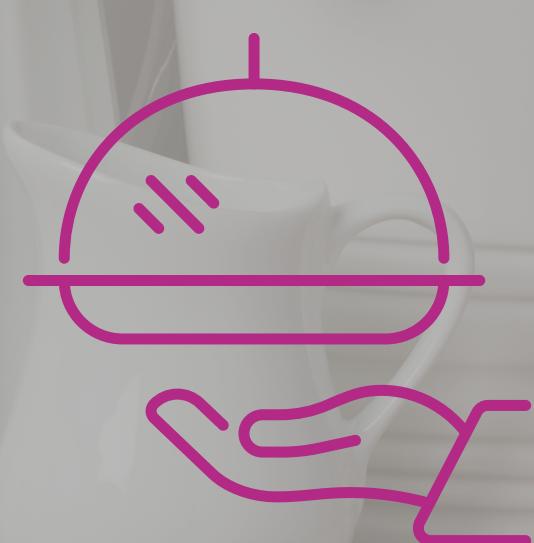
Make healthy
meals



Eat with friends



Mindful eating



Cook for others

Living room



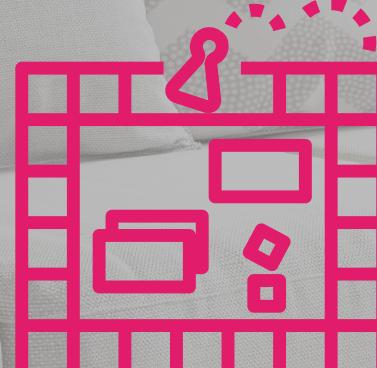
Home workouts



Watch TV



Switch
your phone off



Boardgames