

Bedroom



Read a book



Yoga



Sleep well



Zoom with friends

Bathroom



Skincare



Listen to a podcast



Sing



Shower

Looking after your wellbeing at home

Kitchen



Make healthy meals



Eat with friends



Mindful eating



Cook for others

Living room



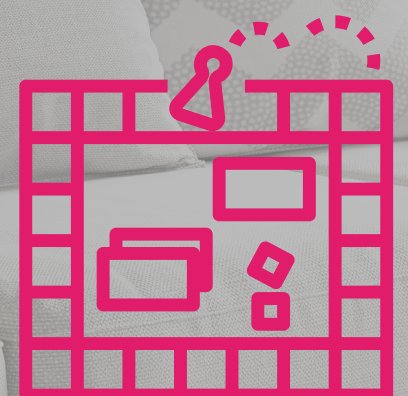
Home workouts



Switch your phone off



Watch TV



Boardgames