

Sleeping Practices!



- **Dream big, sleep well!**
(GR)
- **Every dream starts
with a sleep! (Cro)**
- **Early to bed, early to
rise! (Fr)**
- **Sleep well, charge
yourself and start
your day well! (TR-
TOBB)**
- **Sleep heals the soul
and body! (TR- NAL)**



Healthy Eating Practices!

- **Don't skip meals! (GR)**
- **Nourish your body, fuel your life! (Cro)**
- **Healthy food, healthy mood ! (Fr)**
- **Eat clean, green and lean! (TR-TOBB)**
- **Eat less sugar, drink more water and live healthier!
(TR-NAL)**



Physical Exercise!

- **Walking is the simplest way to stay active! (GR)**
- **Move your body, free your mind! (Cro)**
- **No pain, no gain! (Fr)**
- **The best project you will ever work on is you!
(TR-TOBB)**
- **Physical exercise is the first requisite of happiness!
(TR-NAL)**



MENTAL HEALTH TECHNIQUES

- **Talk it out! Share your feelings! (GR)**
- **Talk to someone, don't hide your feelings! (Cro)**
- **Take it one step at a time! (Fr)**
- **A troubled shared is a problem halved! (TR-TOBB)**
- **Taking care of your mental health is an act of self-love! (TR-NAL)**



WELL-BEING INFRASTRUCTURES AND FACILITIES

- **Outdoor gyms are free. So, stay fit in your neighbourhood! (GR)**
- **Let the nature be your hospital! (Cro)**
- **Health is wealth! (Fr)**
- **Infrastructure brings happiness, healthcare, education, the economy and human rights! (TR-TOBB)**
- **Step into nature for a better health and wellbeing! (TR-NAL)**