

## Stay Hapi az Yu Stay Sayf

Wat a Septemba 2020! If da noh koroanavairos woriz, da harikayn woriz! Soh tudeh wi di shyaa sohnting dehn fi du if yu waahn wahn gud laif, wahn hapi laif ... wahn laif wehpaa yu di manij yu schres!

1. Gi prayz tu Gaad evriday, maanin ahn nait.
2. Az yu wayk op, jrink wahn glaas a waata (wid lee lemon if pasibl).
3. No figet fi meditatayt lee bit wen yu wayk op.
4. Kip yu spays kleen ahn mek op yu bed evri maanin lait.
5. Schrech; eksasaiz 3-4 taim evri week, 30-50 minitz eech taim.
6. Eet wahn gud brekfas; mee laik eet lee oatz wid papaiya!
7. Noh pik kwaaril wid nobadi; ih tek too fi mek kwaaril.
8. No frayd fi seh yu sari ahn laan fahn yu mistayk.
9. Spen sohn taim wid yu faamli ahn rispek yu ma ahn pa.
10. Stap di gasip (Ah noa dis haad noh fi du; chrai noh gasip!).
11. Chrai laan sohnting nyoo evri week, laik wahn nyoo werd.
12. Eet helti (vejitabl, froot, proateen, noh tu moch frai ting!).
13. Noh eet sotay yu beli bos! Noh eet soh moch sweet ting!
14. Werk, bot noh werk sotay yu jrap! Noh schres owt yusef.
15. Noh goh sleep bex. Kyaam dong, ahn sleep gud!

**Kantinyu fi stay sayf dis Septemba 2020, Bileez!**