KEYS TO HAPPIER LIVING

Giving
Do things for others

ACTION FOR HAPPINESS
DOING GOOD FEELS GOOD

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Relating
Connect with people

When we’re together it feels better

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Exercising

Take care of your body

BE ACTIVE
RELAX
REST

KEYS TO HAPPIER LIVING

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AWARENESS

Live life mindfully

There's more to life when we stop and notice
KEYS TO HAPPIER LIVING

Trying Out

Keep learning new things

LIFE IS MORE FUN WHEN WE TRY NEW THINGS

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KEYS TO HAPPIER LIVING

Direction

Have goals to look forward to

SET A GOAL
AND TAKE THE FIRST STEP
TO MAKE IT HAPPEN

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Resilience

Find ways to bounce back

If you can't change it, change how you think about it

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Emotions

Look for what’s good

SEE THE GLASS HALF FULL RATHER THAN HALF EMPTY

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Acceptance
Be comfortable with who you are

We are all different and this is what makes us special

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Meaning
Be part of something bigger

Together we can help to make the world a better place

Keys to Happier Living

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