KEYS TO HAPPIER LIVING

Giving
Do things for others

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

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KEYS TO HAPPIER LIVING

Awareness

Live life mindfully

There’s more to life when we stop and notice

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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
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