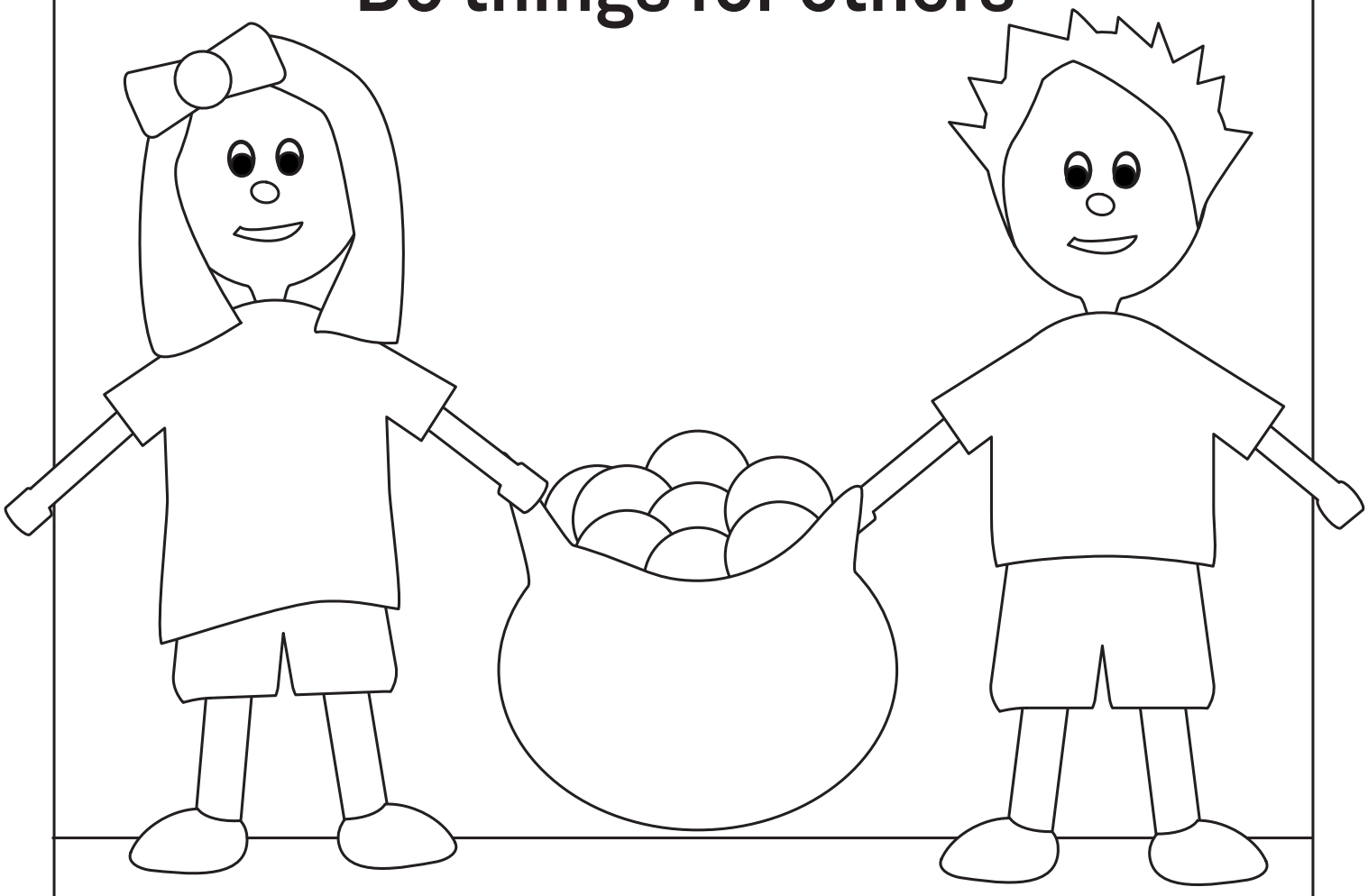
KEYS TO HAPPIER LIVING

Giving

Do things for others



Doing good feels good

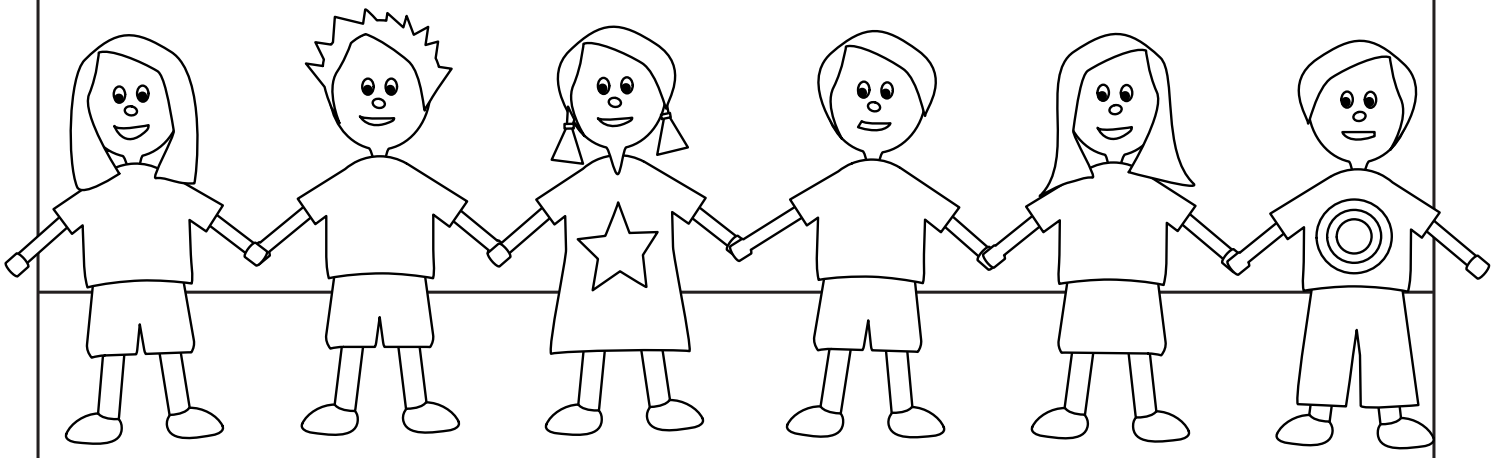
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KEYS TO HAPPIER LIVING

Relating

Connect with people



When we're together it feels better

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KEYS TO HAPPIER LIVING

Exercising

Take care of your body



Be active
Relax
Rest

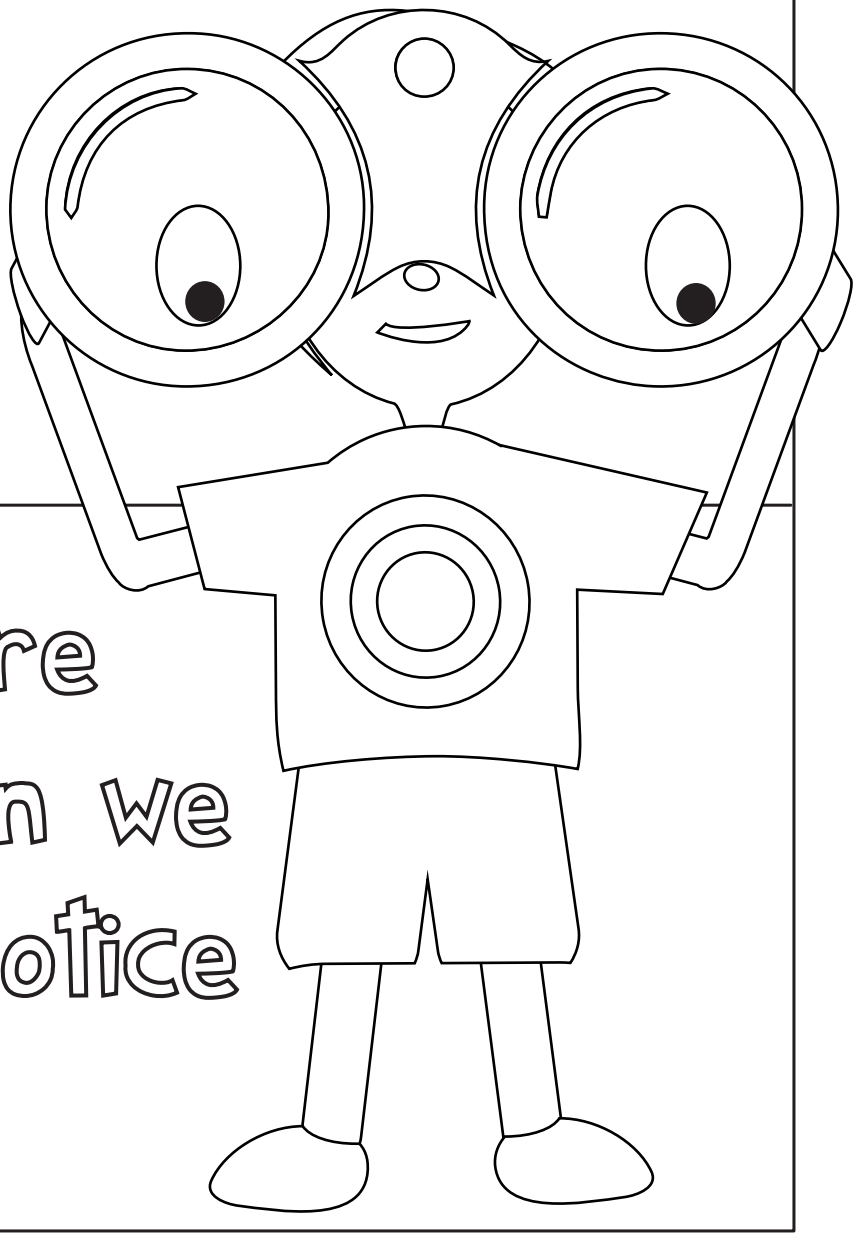
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KEYS TO HAPPIER LIVING

Awareness

Live life mindfully



There's more to life when we stop and notice

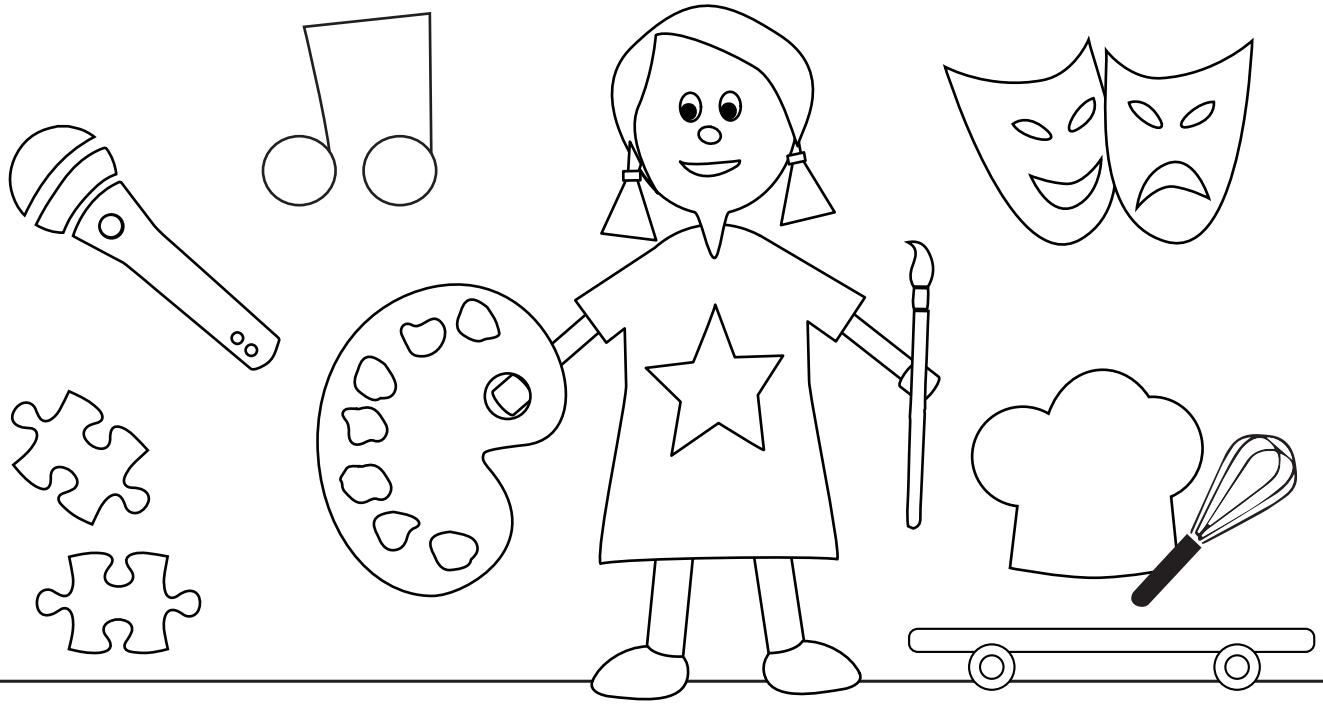
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KEYS TO HAPPIER LIVING

Trying Out

Keep learning new things



Life is more fun when we try new things

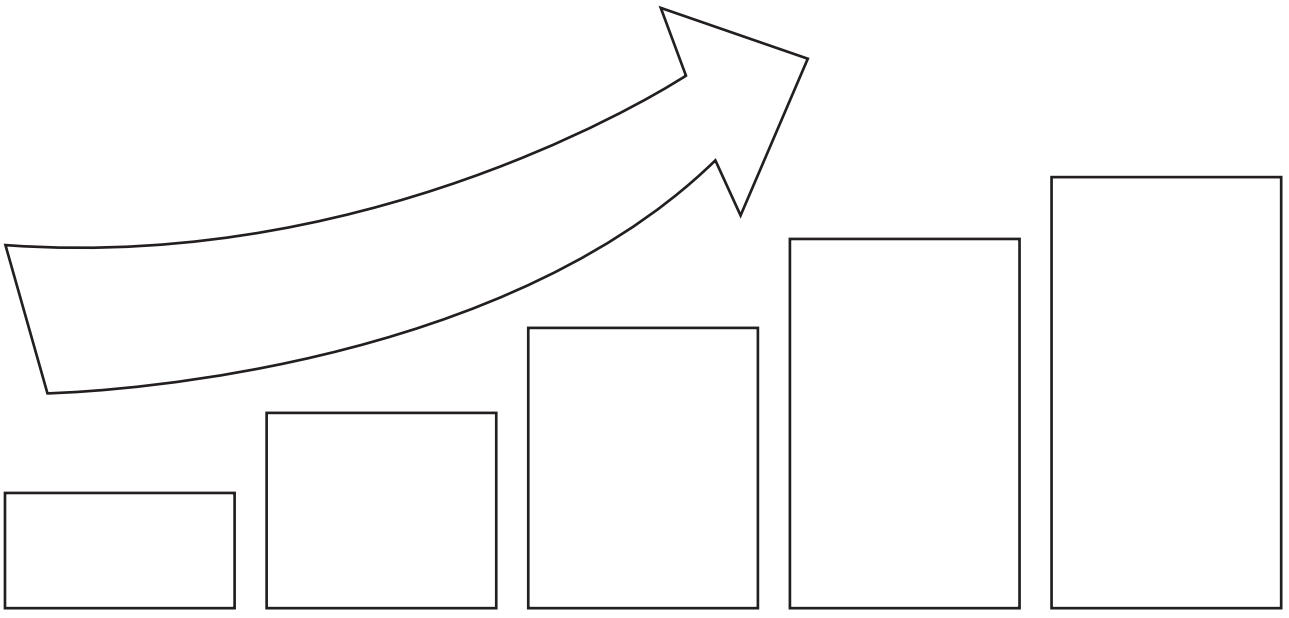
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KEYS TO HAPPIER LIVING

Direction

Have goals to look forward to



Set a goal and take the first step to make it happen

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KEYS TO HAPPIER LIVING

Resilience

Find ways to bounce back

BOUNCE BACKABILITY



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

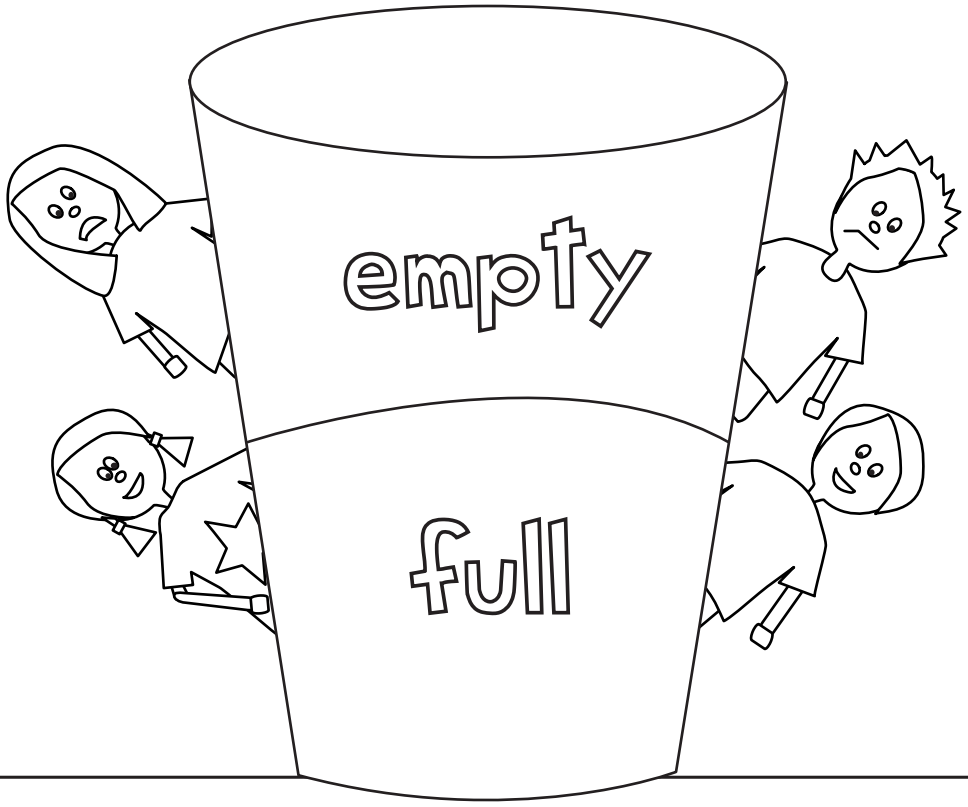
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KEYS TO HAPPIER LIVING

Emotions

Look for what's good



See the glass half full rather than half empty

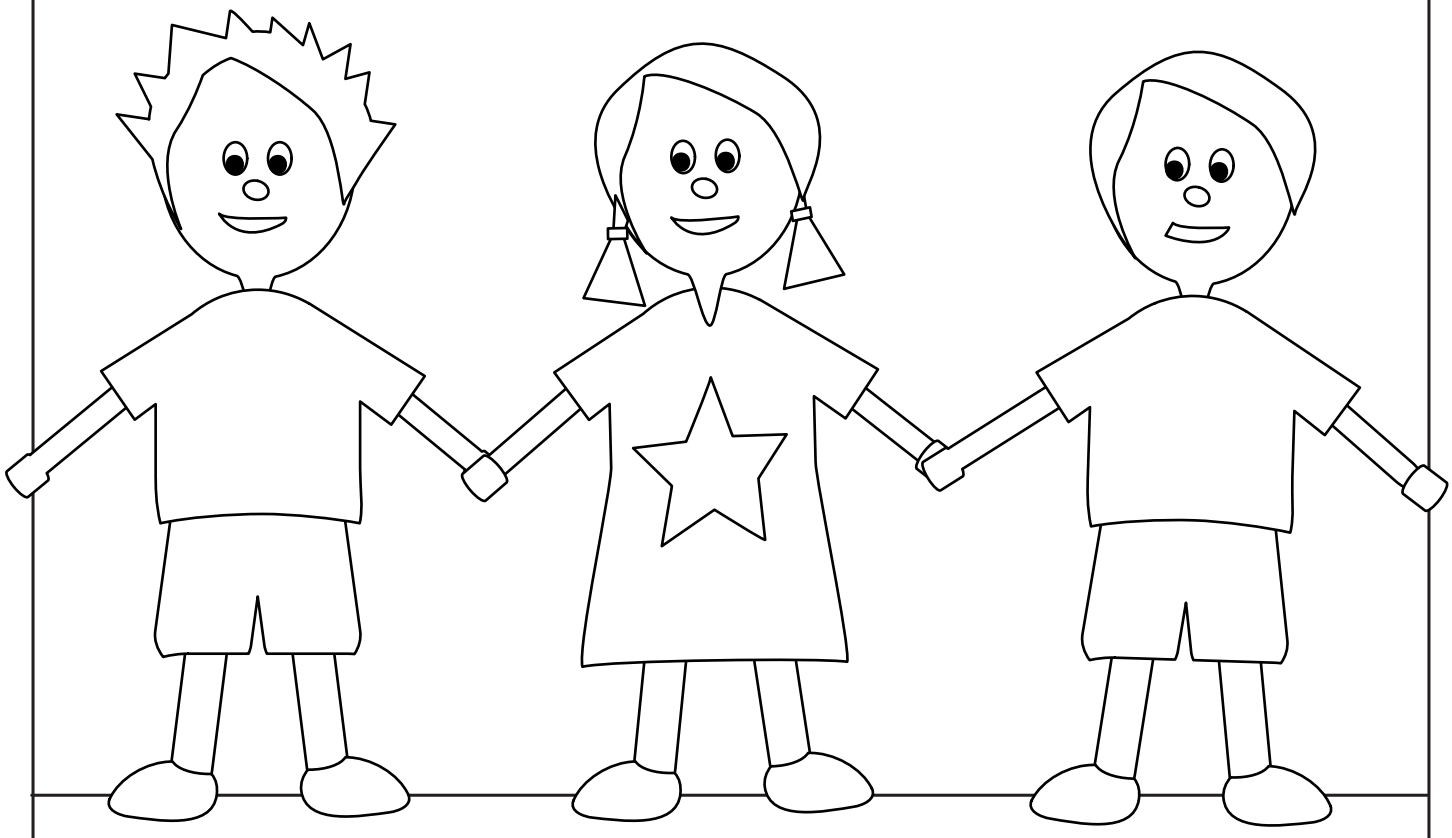
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KEYS TO HAPPIER LIVING

Acceptance

Be comfortable with who you are



We are all different and this is what makes us special

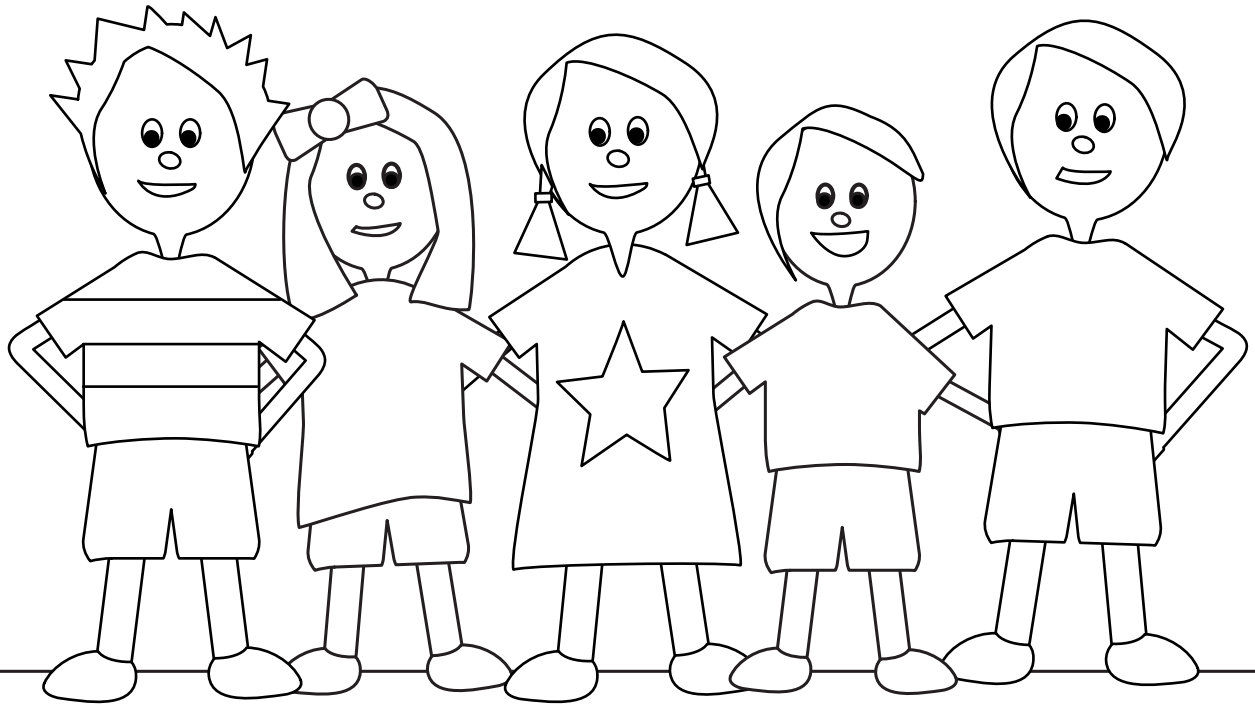
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KEYS TO HAPPIER LIVING

Meaning

Be part of something bigger



Together we can help to make the world a better place

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