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HAPPINESS BOOSTERS!

1



BREATHE

Practicing stillness and deep breathing can reduce stress and improve mental health. Just a few minutes can calm the mind and help us tune in to ourselves and the present moment.

2



BE PRESENT AND SAVOR THE MOMENT

Be present enough to appreciate and enjoy every moment that brings you positive emotion.

3



CULTIVATE A SPIRITUAL PRACTICE

Whether it's prayer, meditation, or something else, a spiritual practice can increase positive emotion, bring out the best in you, and deepen social connections.

4



PRACTICE DAILY APPRECIATION AND GRATITUDE

This practice can empower you to see the positive aspects of your life, even in challenging times, and help increase your satisfaction with life.

5



VISUALIZE

Visualize what you want! What does your happy life look like? The more you mentally rehearse the new reality you desire, the more you rewire your brain to align with that new reality.

6



GET CREATIVE!

Use your creativity to enrich your life. From journaling, scrapbooking, and zine-making to art, music, knitting, and jewelry-making, there are loads of creative activities we can engage in.

7



CONNECT WITH OTHERS

Human beings thrive on social connection. Surround yourself with people who share your values, support you, and uplift you as you do for them.

8



FUEL YOUR BODY

The more you fuel your body with the foods it was designed to eat, the more you have the power to keep going. Your body is a magical place, designed to heal itself, be well, and thrive. All you really need to do is *not* get in the way of that.

9



MOVE

When we move, it not only strengthens our bodies, it can clear energy that is stuck in our bodies. Whether you want to dance, or do yoga, pilates, team sports, or an individual sport, your body will thank you for moving it.

10



SLEEP

A good night's sleep is critical to both our physical and mental well-being. Both the quantity and quality of your sleep matter. Most adults need a minimum of 7 hours of sleep per night, preferably within a fixed schedule, and with a relaxing pre-sleep routine.

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HAPPINESS BOOSTERS!

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FOCUS ON YOUR SENSES

Are we truly focusing on our senses and applying them to our daily lives? Since we experience the world through our senses, the more attuned we are to them, the more beautiful our world becomes.

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GET OUT INTO NATURE

We get to benefit from nature's healing powers, for the most part, free of charge! Have you ever done forest bathing, spent a night stargazing in the desert, or snorkeled in a sea rich with marine life? There is so much to explore and experience.

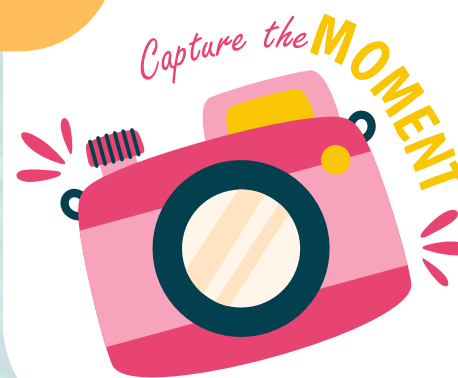
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BRING NEW EXPERIENCES AND ADVENTURES INTO YOUR LIFE

You can keep it as simple as picking up a good book or listening to a podcast, or go all out and learn rock climbing, kitesurfing, or even skydiving!

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CAPTURE THE MOMENT

Whether it's food, nature, social connections, creative endeavors, or new experiences, a picture can be a lovely souvenir. Consider taking pictures for yourself, not for posting.

15



CHOOSE TO BE KIND

Kindness is a universal language that connects us all, boosting our happiness and that of others. A random act of kindness can brighten someone's otherwise dark day. Let's brighten the world with our kindness.

16



USE DAILY AFFIRMATIONS

Begin and end your day with positive affirmations. The thoughts you choose shape your experiences, so focus on uplifting words to encourage a more positive outlook and help you attract what you want.

17



BEAUTIFY YOUR SURROUNDINGS

We are surrounded by beauty, and we can also enhance our surroundings to motivate and inspire us. Surround yourself with things that uplift you.

18



SAY NO TO TECHNOLOGY

Take a break from being online. While technology offers great benefits when used wisely, it can also be destructive if we're not mindful. Ultimately, it's up to us to find the right balance.

19



COOK

Bring the joy of cooking into your life. Cooking can be therapeutic, and the energy you put into your food is invaluable. Cooking and home-cooked meals are also a wonderful way to connect with family, friends and loved ones.

20



GET SILLY AND BE CHILDLIKE

Who says we have to take life so seriously all the time? What happened to goofing off and getting silly? Let's have an almost childlike curiosity and appreciation. Let's play and sing. Let's have some fun and laugh a lot.