



KEYS TO HAPPIER LIVING

Giving

Do things for others



Doing good feels good

ACTION FOR HAPPINESS

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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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Awareness

Live life mindfully



There's more to life when
we stop and notice

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Trying Out

Keep learning new things



Life is more fun when
we try new things

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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

BOUNCE
BACKABILITY



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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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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Meaning

Be part of something bigger



Together we can help to
make the world
a better place

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