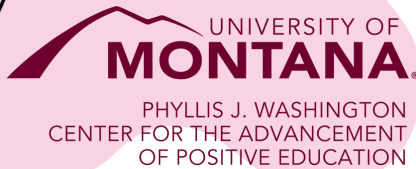


Happiness Booster: Three Good Things

For one week, before going to sleep, write down (or think about) three things that went well for you during the day, and reflect on why they went well.

Asking your brain "Why?" these good things happened lets us ruminate or chew on explanations for good things.

Email us to learn more!

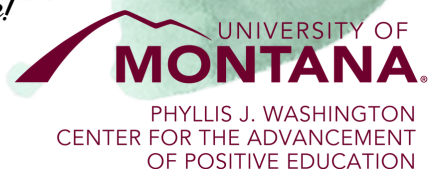


HAPPINESS BOOSTER: WITNESS SOMETHING INSPIRING

As you move through your daily life, be on the lookout for the inspiring things that happen each and every day. Everything from "I watched someone pick up litter" to "my friend said they are proud of me" - nothing is off limits!

We find what we're looking for, so the more we look for the good, the more often we'll see it!

Email us to learn more!



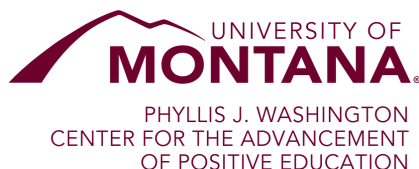
Happiness Booster: What's your happy song?

Think of a song that elicits a positive emotion. Listen to that song twice in a row and let it work its magic!

After listening and letting those positive emotions resonate, ask yourself:

- * What emotion did you experience?
- * What's your best guess for why this song brings up that emotion?

Email us to learn more!

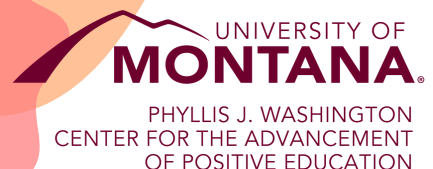


Happiness Booster: Intentional Acts of Kindness

Pick one act of kindness that you can perform for someone. It can be anything: holding the door open, buying a coffee for the person behind you, giving someone a compliment, etc. Whatever you can think of!

Take a moment and notice how your act of kindness made the other person feel and how it affected your mood.

Email us to learn more!



HAPPINESS BOOSTER: WHAT'S YOUR HAPPY SONG?



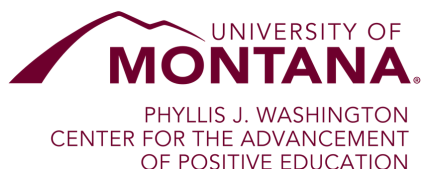
Think of a song that elicits a positive emotion. Listen to that song twice in a row and let it work its magic!

After listening and letting those positive emotions resonate, ask yourself:

*What emotion did you experience?
What's your best guess for why this song brings up that emotion?*



Our Website!

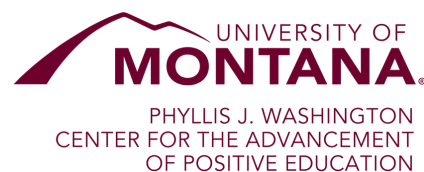


Happiness Booster: Intentional Acts of Kindness



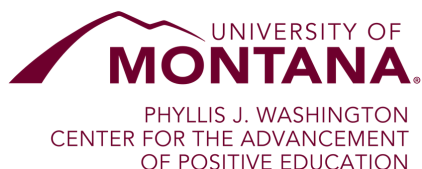
Pick one act of kindness that you can perform for someone. It can be anything: holding the door open, buying a coffee for the person behind you, giving someone a compliment, etc. Whatever you can think of!

Our Website!



NEED SOME MORE JOY?

FOLLOW US ON INSTAGRAM!



**DEAR TEACHERS:
YOU INSPIRE JOY AND
HOPE IN THE NEXT
GENERATION... LET US
INSPIRE THE SAME IN
YOU!**

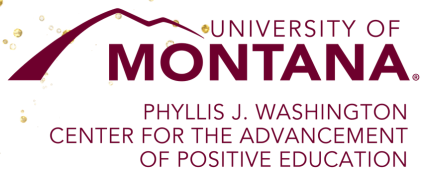
Happiness for Educators



HAPPINESS BOOSTER: DANCE IT OUT!

FIND YOUR PREFERRED
WAY TO MOVE, PAIR IT
WITH YOUR FAVORITE
MUSIC, AND DO WHAT
THE RESEARCHERS IN
THE HUGHES (2013)
STUDY DID TO TREAT
DEPRESSION. DANCE!

Our Website!

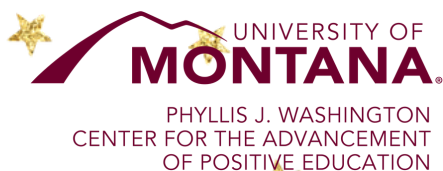


HAPPINESS BOOSTER: WITNESS SOMETHING INSPIRING

MARTIN LUTHER KING JR.
ENCOURAGES US TO "WITNESS
SOMETHING INSPIRING."

TAKE TIME TO NOTICE THE
POSITIVE THINGS HAPPENING
AROUND YOU EVERY DAY!

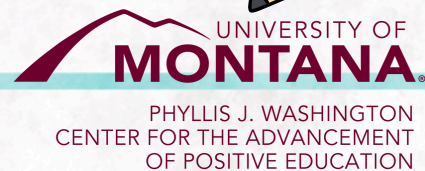
Our Website!



HAPPINESS BOOSTER: WRITE A GRATITUDE LETTER

FIND SOMEONE WHO
YOU ARE GRATEFUL
FOR, AND WRITE THEM
A NOTE TELLING
THEM SO!
YOU'LL MAKE SOMEONE
ELSE'S DAY, AND
BOOST YOUR OWN
MOOD!

Our Website!

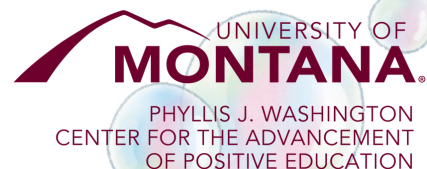


HAPPINESS BOOSTER: ENJOY RELAXATION

FIND A SMALL BUT MEANINGFUL
ROUTINE OF RELAXATION THAT
YOU COULD INCORPORATE INTO
YOUR EVERYDAY ROUTINE.

MAYBE A FACE MASK, SOME
MEDITATION, OR SOME TIME
ENJOYING THE OUTDOORS.

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HAPPINESS BOOSTER:

UNPLUG

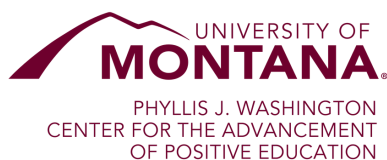
TRY TO GIVE UP
SOCIAL MEDIA FOR
A LENGTH OF TIME.

MAYBE AN
AFTERNOON OR A
WHOLE WEEK.

WHAT WILL YOU

DISCOVER?

Our Website!



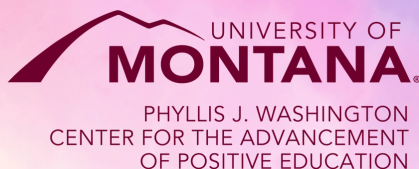
HAPPINESS BOOSTER: FUTURE SAVORING

THINK OF SOMETHING EXCITING THAT
IS COMING UP FOR YOU (I.E. A
BIRTHDAY, A VACATION, OR A
CONCERT).

PHYSICALLY WRITE IT DOWN ON YOUR
CALENDAR. PICTURE YOURSELF THERE.

IT IS ALWAYS NICE TO HAVE
SOMETHING TO LOOK FORWARD TO!

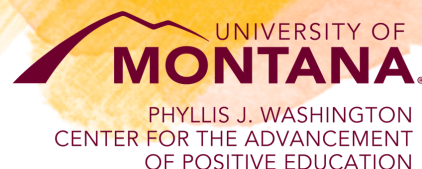
Our Website!



HAPPINESS BOOSTER: PAST SAVORING

SIT AND CLOSE YOUR EYES AND
PICTURE A HAPPY MEMORY FROM
YOUR PAST. IT CAN BE A BIG
MOMENT OR A SMALL ONE. TRY TO
IMMERSE YOURSELF IN EVERY
DETAIL OF THAT MOMENT. WHEN
YOU'RE DONE, SHARE THE
MEMORY WITH A FRIEND!

Our Website!



HAPPINESS BOOSTER: INTENTIONAL ACTS OF KINDNESS

TRY TO INTENTIONALLY BE KIND TO A
FRIEND, A PARENT, OR A SIBLING. AGAIN,
THIS REQUIRES THOUGHT AND PLANNING
AND THE ABILITY TO STEP OUTSIDE
YOURSELF. ASSUMING THAT OTHERS WANT
WHAT YOU WANT CAN BACKFIRE. YOU'LL
NEED TO STEP INTO ANOTHER PERSON'S
WORLD: WHAT WOULD YOUR FRIEND,
PARENT, OR SIBLING APPRECIATE?

Our Website!

