

## **HAPPINESS MANIFESTO**

### **1. Stay positive!**

*You are in control of your attitude - choose to be positive! Use affirmations and the power of positive thinking to stay positive.*

### **2. Use deep breathing!**

*Use deep breathing exercises to help you relax when you are feeling stressed.*

### **3. Exercise!**

*Get some form of exercise at least 3-4 times per week. Try Tai Chi or Yoga to keep your body, mind and spirit fit.*

### **4. Practice Mindfulness!**

*Stay in the present moment by practicing mindfulness. Try mindful walking - keep your awareness on the experience of walking, or mindful eating - pay attention to the experience of eating - really enjoy each bite!*

### **5. Keep a gratitude journal!**

*Each day record at least 3 things in your life for which you are grateful.*

### **6. Play!**

*Watch funny movies, play games, have fun. Pleasure and laughter are important components of a healthy lifestyle.*

### **7. Enjoy nature!**

*Take time each day to appreciate nature - a beautiful sunset, a freshly fallen snow, etc.*

### **8. Lend a helping hand!**

*Practice kindness daily. Reach out and help those in need.*

### **9. Share your positive attitude!**

*A smile can be contagious. Compliment and encourage others.*

### **10. Create a peaceful space!**

*Create a peaceful space or sanctuary in your home where you can retreat and restore your inner peace. Spend at least a few minutes here each day.*

### **11. Connect with others!**

*Be sure to spend time quality time with friends and family. Nurture your relationships.*

