



BRING MORE POSITIVE INTO YOUR LIFE

O1

▶ FIND THINGS THAT BRING JOY

Enjoying anything that brings you joy releases dopamine and serotonin into your body. These make you feel happy and content

O2

▶ REFRAME A SITUATION TO SEE OPPORUTNITY

This doesn't mean not to acknowledge the challenges, it simply means to try and find a way to grow in and through the situation

O3

▶ GRATITUDE

Practicing gratitude not only pulls your brain and body out of fight or flight mode, it also reminds you of the good things in your life

O4

▶ BE MINDFUL

Focusing on being present in the moment means our brains can't ruminate on the past or worry about the future

O5

▶ PRACTICE MEDITATION

Meditation helps us practice being in the present, as well as connecting to our bodies through breath work and focus

O6

▶ BE ACTIVE

Physical activity is the number one way to release stress, boost happy chemicals, and feel more accomplished and content

O7

▶ FIND A NEW HOBBY

Finding something new that brings you happiness, not only encourages creativity, but positive personal growth as well