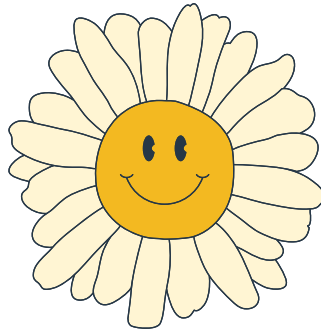


HAPPINESS HAPPENS MONTH

recognizes the vital role personal happiness plays in fostering mental health and overall well-being.



HAPPINESS ACTIVITIES

1. Be a Smile-Starter

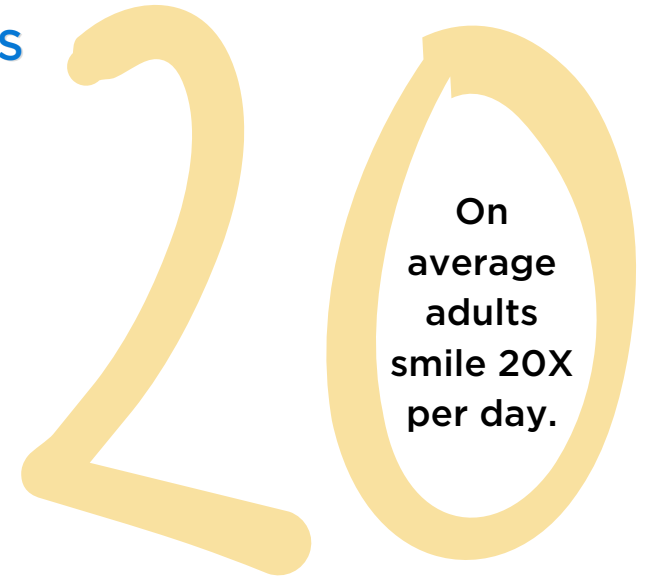
Make others happy through small gestures.

2. Give Kudos

Compliment someone on a job well done.

3. Make a List

Make a list of things that make you happy.



It only takes **20 minutes** for your brain to start releasing endorphins and dopamine (the feel-good hormones.)

Try to get outside and take a walk today!



"Happiness is not something you postpone for the future; it is something you design for the present."

- Jim Rohn

5 WAYS TO CHOOSE HAPPINESS

- 1 Gratitude
- 2 Volunteer
- 3 Give
- 4 Encourage
- 5 Reminisce

MONTHLY MENTAL HEALTH GOAL: _____

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Increase Happiness by: Walking for 20 minutes.</p> <p>1</p>	<p>getting HEALTHIER everyday</p> <p>2</p>	<p>Some cause happiness wherever they go; others whenever they go.</p> <p>-Oscar Wilde</p> <p>3</p>	<p>International Owl Awareness Day</p>  <p>4</p>	5
6	<p>National Mustard Day</p>  <p>7</p>	<p>Happiness Happens Day</p>  <p>8</p>	<p>Increase Happiness by: Taking a dance class.</p> <p>9</p>	<p>Happiness?</p> <p>https://www.talkspace.com/blog/what-is-happiness-anyway/</p> <p>10</p>	 <p>11</p>	12
13	<p>The only thing that will make you happy is being happy with who you are.</p> <p>-Goldie Hawn</p> <p>14</p>	<p>YOU ARE ENOUGH</p>  <p>15</p>	<p>Social Anxiety Test</p> <p>https://www.talkspace.com/assessments/social-anxiety-test</p> <p>16</p>	<p>Happiness is contagious; surround yourself with happier people.</p> <p>17</p>	<p>Increase Happiness by: Taking basic exercises outdoors.</p> <p>18</p>	19
20	<p>Increase Happiness by: Taking a yoga class.</p> <p>21</p>	<p>Micro-Goals</p> <p>https://www.talkspace.com/blog/how-setting-micro-goals-can-increase-happiness/</p> <p>22</p>	<p>Happiness Is Maximized at 57 °F</p> <p>23</p>	 <p>24</p>	<p>Research has determined people are most happy at 7:26PM on Saturday nights.</p>  <p>25</p>	26
27	<p>GROWTH MINDSET</p>  <p>28</p>	<p>Being happy never goes out of style.</p> <p>-Lilly Pulitzer</p> <p>29</p>	<p>National Grief Awareness Day</p> <p>30</p>	<p>Increase Happiness by: Playing a team sport.</p> <p>31</p>		

TO-DO LIST

