

# Health & Happiness



Stress is NORMAL but we need to maintain “manageable” levels of stress.

Learn which stress reliever’s work for you & consistently do them.

Be flexible, patient, & open to change or at least be willing to compromise.

Keep learning - don’t allow yourself to get into a rut and not try something new.

“Nothing ventured, is nothing gained,” take a risk today.

A positive attitude can change everything – be optimistic.

If it doesn’t feel right, it probably isn’t.

If you have something to say, say it – don’t keep it bottled up inside.

Go for your goals & live your dreams.

Take a “personal timeout” when things seem to be overwhelming.

Deep breathing exercises can slow your pace & help you think clearly before you react.

“Don’t worry, be happy” - avoid worrying about things you can’t control, its wasted energy.

Remember to not “sweat the small stuff.”

Surround yourself with what you love – people, hobbies, interests, etc.

Keep only cheerful friends – grouches can pull you down.

Cherish your health – take care of your overall wellbeing.

Give someone a compliment today.

Most smiles are started by another.

Let those you care about know it!

When you get up in the morning, think of the things that you are thankful for or make you happy.

Be realistic about your goals & expectations.

Be true to yourself & others.


Get involved, volunteer in your community.

Embrace the things and people that are important to you – don’t dwell on what you don’t have.

Experience what is around you & become aware of events and the people you see each day.

We all have positive qualities – make your list and keep it nearby.

**"life is not measured by the number of breaths we take, but by the moments that take our breath away"**



For more information about health and wellness contact McKinley Health Education Unit, 217-333-2714.

