

5 HAPPINESS HACKS FOR BETTER MENTAL HEALTH



GRATITUDE JOURNALING

Write down three things you're grateful for each day to shift your focus from negative to positive and boost your mood and resilience.



DAILY MOVEMENT

Add physical activity to your day; exercise boosts mood and reduces depression and anxiety.



DIGITAL DETOX

Unplug from screens and social media for 30 minutes daily to lower stress and improve focus; try reading or other non-tech activities instead.



ACTS OF KINDNESS

Do a small act of kindness daily, like giving a compliment or helping a neighbor, as it boosts your mood and fosters connections.



CONNECTION WITH NATURE

Spend time outside each day to boost your mood, reduce stress, and improve your overall well-being. It can be as simple as lying in the sun.

Remember, self-care is essential for maintaining your physical and mental well-being, and it's important to prioritize taking care of yourself in your daily routine.