

Call a **friend**  
or reconnect with  
an old friend.



**Talk** to a trusted  
friend or family  
member, your  
minister or your health  
care provider if emotions  
keep getting you down.

2

Help someone —  
**volunteer** your  
time, skills or  
intellect in your  
community.

3



## HEALTHY TOP TEN

Feel  
**Happier!**  
Enjoy a  
New View

Write down  
the **good**  
**things** that  
happened  
to you today.

4

**Recapture**  
the child in you  
with fun, games  
and laughter.

5



**Schedule**  
your annual  
checkup with  
your health care  
provider.

6

Leave your guilt at the  
door and find **positive**  
**ways** to change what isn't  
working in your life, one  
small step at a time.

7



**Clear the**  
**clutter** at home  
and in your  
work space.

8

**Explore** a subject  
or hobby that you  
have found interesting  
but have never taken  
the time to pursue.

9

**Fix**  
**something**  
that is  
broken.

10