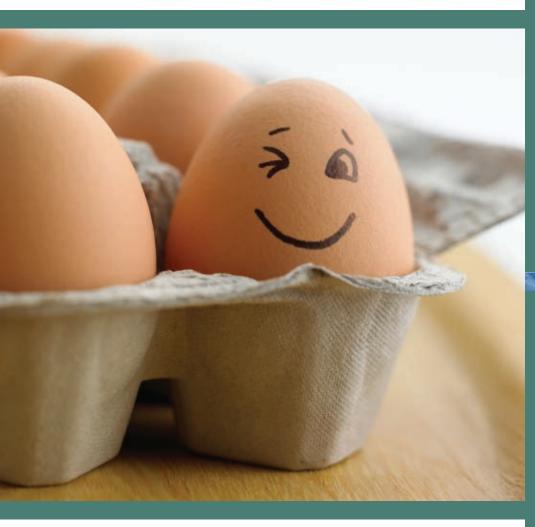
Call a **friend** or reconnect with an old friend.





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

your annual checkup with your health care provider.

Clear the clutter at home and in your work space.

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

HE LESTEN

Feel Happier! Enjoy a New View

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.

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

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

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





something that is broken.