



KEEP LEARNING

Try something new. Try a new hobby, learn about something just because it interests you.

TAKE NOTICE

Take a break and take notice of how you are feeling. Relax and look around you or listen to music. Take a few deep breaths or try an online meditation.

BE ACTIVE

Physical activity not only makes you physically healthy, it also makes you FEEL GOOD!

CONNECT

Spend time with family and friends. Enjoy doing things together.

GIVE

Do something for a friend, teacher, or family member. As well as making them feel good, it can make you feel good too!