

SIMPLE SECRETS FOR A HAPPIER LIFE

Develop and Nurture Social Ties

Satisfying relationships help us feel fulfilled. Make a point to connect with at least one friend or loved one each day. While texts, emails and social media can give us a sense of feeling connected – REMEMBER face-to-face time has equal if not more value in maintaining a satisfying relationship.

Lend a Hand

People who help others feel happier. Even a kind word to family, colleagues or a stranger helps. Consider volunteering. Need ideas? Check St. Mary's website, Sunday bulletin, or booklet "Being the Mercy We Seek", as well as local agencies such as United Way and Senior Connections for volunteer opportunities.



Give Thanks for Joys Big and Small

On a daily basis, appreciate what's good in your life, even in rough times. Writing in a gratitude journal gives you a place to record and reminisce about all that's right with your world.

Find Joy in Moving and Creative Play



Exercise floods the brain with feel-good hormones, eases stress and anxiety. Mini-bursts of activity, even 10 minutes, can perk you up. Turn up the music and dance! Pursuing creative playful activities can make you feel good. Encouraging your silly side can bring you joy.

Get Your Pillow Time

Its no surprise we're happier when we're well rested. Aim for a good 7-9 hours of sleep for better health and happiness.



Spend time with God

Pray, reflect, spend ten minutes a day with a bible verse, attend a church service or bible study. Spiritual growth enhances our well-being.



"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2