



# Happiness Challenge

## Do the following steps daily for 3 weeks

- **Record 3 new things you are grateful for.** This will help rewire your brain to look for and recognize the positive.
- **Journal about one positive experience today.** A few sentences are fine. This will help your brain to relive that positive memory in lieu of the negative, anxious or embarrassing ones which tend to take up space in your head.
- **Exercise.** This teaches your brain that your behavior matters. It releases chemicals in your brain which can lead to a more positive mood and outlook. Make it reasonable and manageable. Start small. The free Seven Minute Workout apps are a great starting place. This helps create discipline and gives the message that you are worth it. Consider some stretching and cardio. Google heart opening yoga poses and poses for stress, anxiety, depression and relaxation. Walk!
- **Meditation/Mindfulness.** This will help you to get over the cultural ADHD that exists in our current fast paced, revved up world. Moments of mindfulness lead to states of mindfulness. Start small-a few minutes. I suggest the CALM app. as a place to start. Body Scan meditations (Calm app. or You Tube) help give a grounding point to mindfulness. Taking a few minutes in the present offers relief from future thinking (anxiety) and past thinking (depressive thoughts). Notice 3 things you hear/see/feel/smell.
- **Take 5-10 deep breaths.** Make the exhale longer than the inhale. Try this during a transitional part of your day.
- **Do a Random Act of Kindness.** Write someone a positive post praising or thanking them on social media. Send a thoughtful text, letter or email of appreciation to someone. Do a good deed and you will feel good in return. This is proven by science. It can be towards a person, plant, environment or animal. Do something nice and unexpected.
- **Offer yourself Loving Kindness.** Repeat the following: May I be filled with Loving Kindness, May I be peaceful and at ease, May I be well and healthy, May I be free from inner and outer harm, May I be healthy, May I be happy
- **Eat well, sleep well, and spend some time outside each day.**