

Thrive

CULTIVATE  
HAPPINESS



“HAPPINESS IS A DIRECTION, NOT A PLACE.”

– *Sydney J. Harris*



# FEELING OVERWHELMED? REMEMBER ...

Life is stressful and, at times, difficult. When life becomes overwhelming, it is easy to submit to feelings of sadness, anxiety and stress. Ups and downs are completely normal. However, when you experience negative feelings, you can take positive steps to counteract them:

*Thank You*

## APPRECIATE

– reflect on what you are grateful for.

The smallest good deed is better than the grandest intention.

## DO GOOD DEEDS

– find joy in contributing to others' happiness.

INHALE  
EXHALE

## MEDITATE

– inhale deeply and focus on your breathing.

FOCUS  
ON THE  
GOOD

## ACCEPT

– accept and focus on good things that happen throughout the day instead of dwelling on the bad.

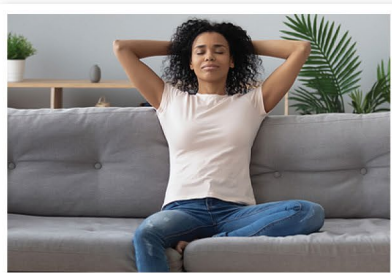
TRY  
SOMETHING  
NEW

## DO THINGS YOU LOVE

– try and do at least one activity you love every day.

# MEDITATION WALK-THROUGH

Meditation is different for everyone and can look like many different things. For some, meditation may be a form of prayer or practice while for others it may simply be sitting on the porch with a cup of coffee. Mindfulness meditation involves relaxation and focused breathing and is one way to become more centered.



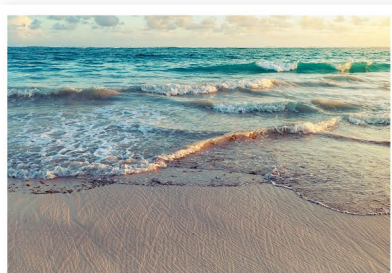
## STEP 1:

Find a place you are comfortable, both physically and mentally.



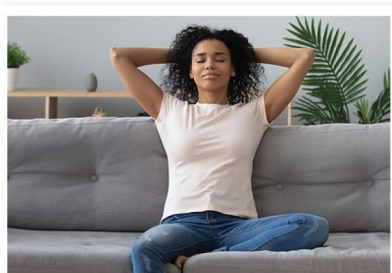
## STEP 2:

Focus on your breathing. Try to slow it down. Take longer inhales, and exhale slowly.



## STEP 3:

Imagine your happy place. Mentally travel to where you are happiest. It can be real or fictional. Place yourself there and focus on the details you see, hear and smell.



## STEP 4:

Return to your present space and reflect on the time you just spent taking care of yourself.

# WHY PRACTICE MEDITATION/MINDFULNESS?

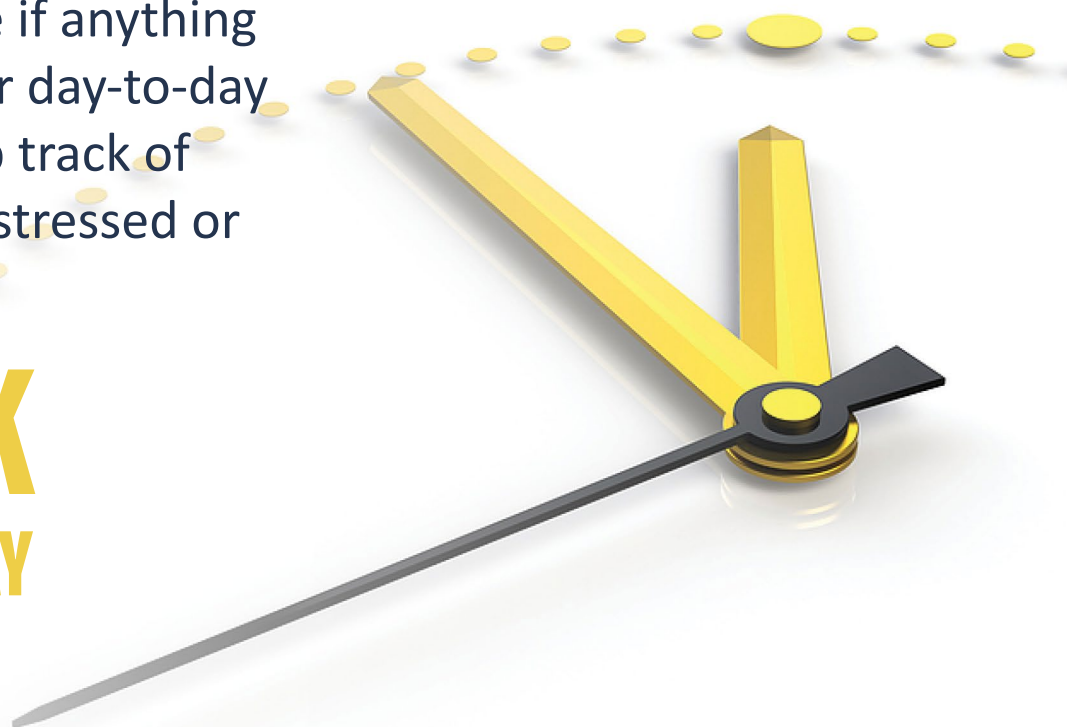


Meditation can deepen your understanding of your stress. It can help you pinpoint what is causing your fear, anxiety and tension. Additionally, meditation can help improve focus and mental vision.

## *Challenge*

Practice mindfulness for at least five minutes each day for a week. See if anything changes in your day-to-day life. Try to keep track of when you feel stressed or overwhelmed.

**1 WEEK**  
**5 MINS A DAY**





# FUN

## August Holidays



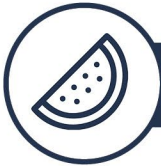
*Try celebrating a fun or silly holiday this month!*



Campfire Day – first Saturday of August.



National Ice Cream Sandwich Day – Aug. 2.



National Watermelon Day – Aug. 3.



International Beer Day – Aug. 7.



National Tell a Joke Day – Aug. 16.



National Dog Day – Aug. 26.