HAPPY HYUR





| 1. | Practice Mindfulness |
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| 2. | Listen to Upbeat Music |
| 3. | Stop Negative Self Talk |
| 4. | Distract yourself |
| 5. | Connect with Friends |
| 6. | Get Enough Sleep |
| 7. | Go for a Walk/Exercise |
| 8. | Give your Dog/Cat a Cuddle |
| 9. | Turn Off your Social Media |
| 10. | Bake |
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