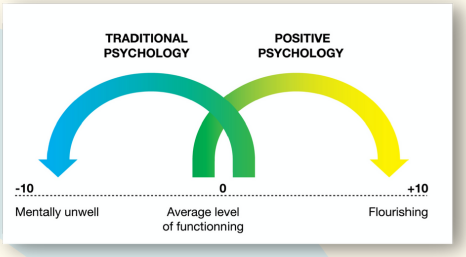
MENTAL HEALTH AWARENESS MONTH

WEEKLY TIP: PRACTICE POSITIVE PSYCHOLOGY!

POSITIVE PSYCHOLOGY IS "A SCIENTIFIC STUDY OF WHAT MAKES LIFE MOST WORTH LIVING" BY FOCUSING ON ONE'S STRENGTHS AS OPPOSED TO WEAKNESSES.



HELPFUL TOOLS

CLICK HERE FOR A 5-MINUTE GRATITUDE ACTIVITY

CLICK HERE TO WATCH "7 WAYS TO BE HAPPIER" BY YALE PSYCHOLOGY PROFESSOR, LAURIE SANTOS

APP OF THE WEEK: HAPPIFY! SCIENCE-BASED ACTIVITIES & GAMES

"YOU HAVE THE POWER TO TAKE CONTROL OF YOUR HAPPINESS BY CHOOSING YOUR THOUGHTS, BEHAVIORS, AND ACTIONS"

GET STARTED WITH HAPPIFY FOR FREE!

CLICK HERE TO GET STARTED WITH HAPPIFY!

CLICK HERE FOR A MENTAL HEALTH MONTH BINGO GAME!

