

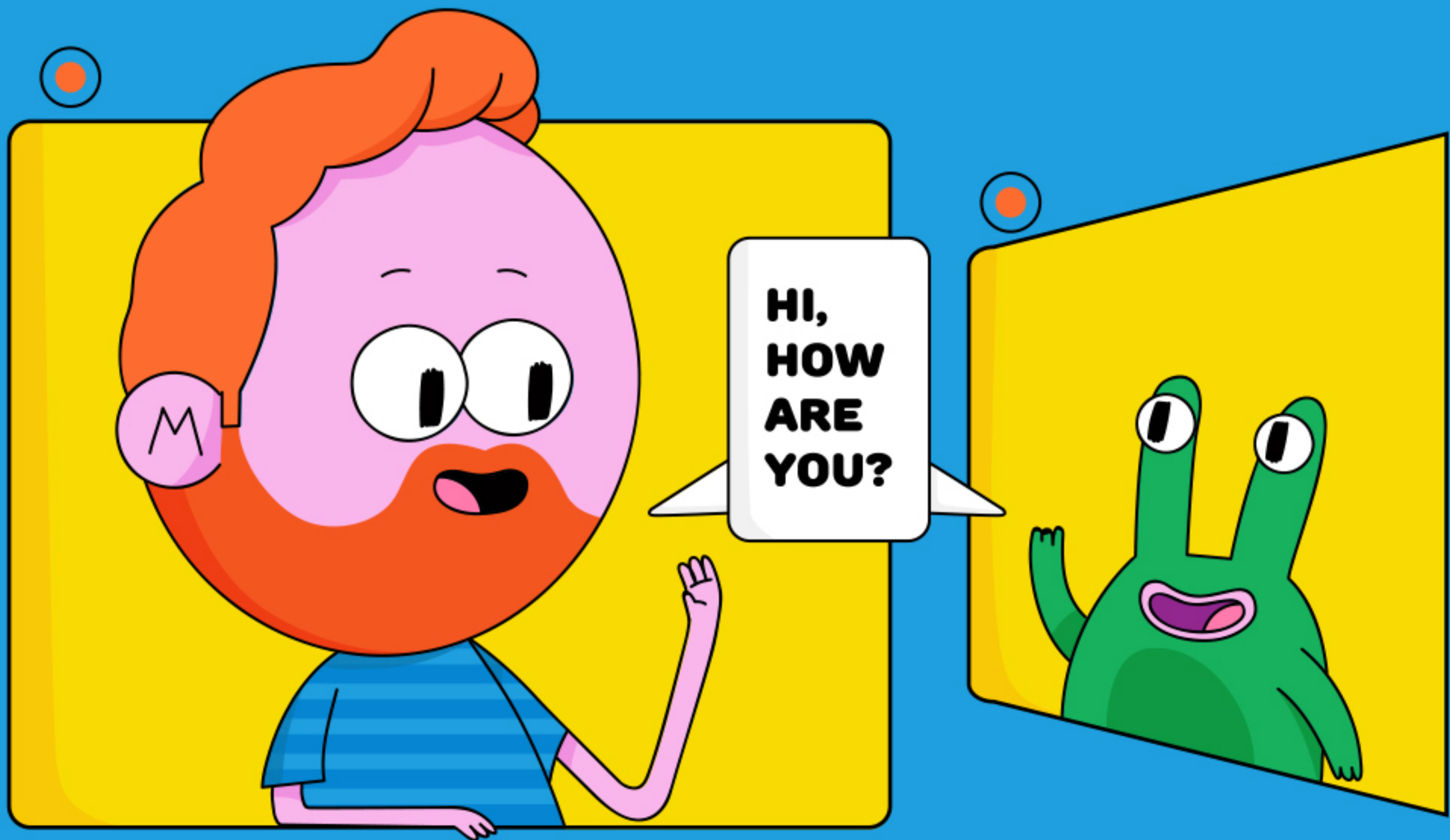
**Hi, how are you project**

# HAPPY HABITS



In these challenging times, the Hi, How Are You Project would like to encourage everyone to attend to their mental health just as we are taking precautions to maintain our physical health. It doesn't require much effort to implement helpful strategies that promote your long term well-being. Here are a few easy daily tasks you can do to elevate your mood, improve energy and keep yourself in good mental health. We call them "Happy Habits."

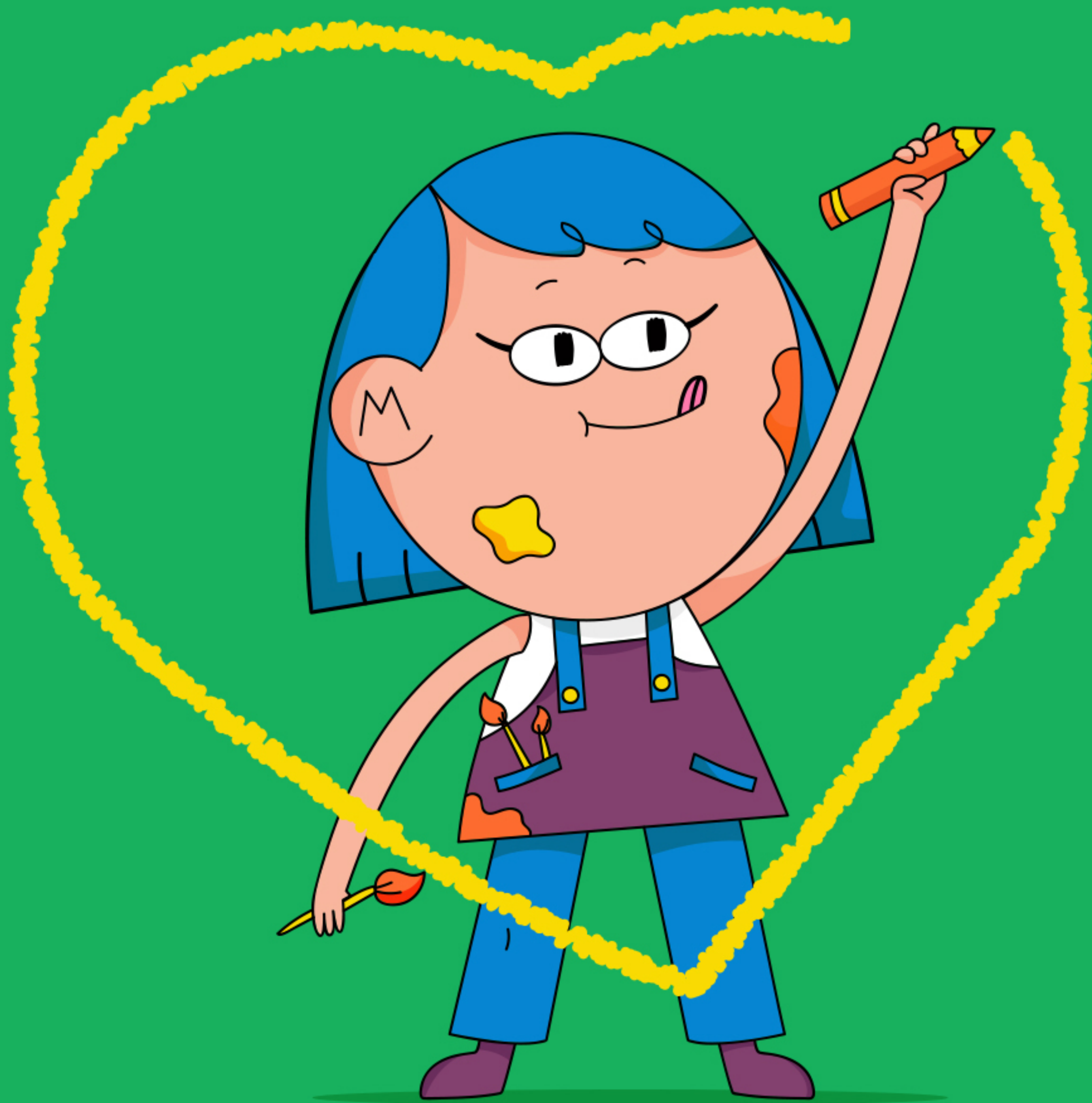
**[Hihowareyou.org](http://Hihowareyou.org)**



# Have a Hi, How Are You Conversation

Social distancing doesn't have to mean social isolation. Reach out to friends, family, and co-workers via phone or video conferencing and check in. Ask "HI, HOW ARE YOU?" and share what you are feeling.

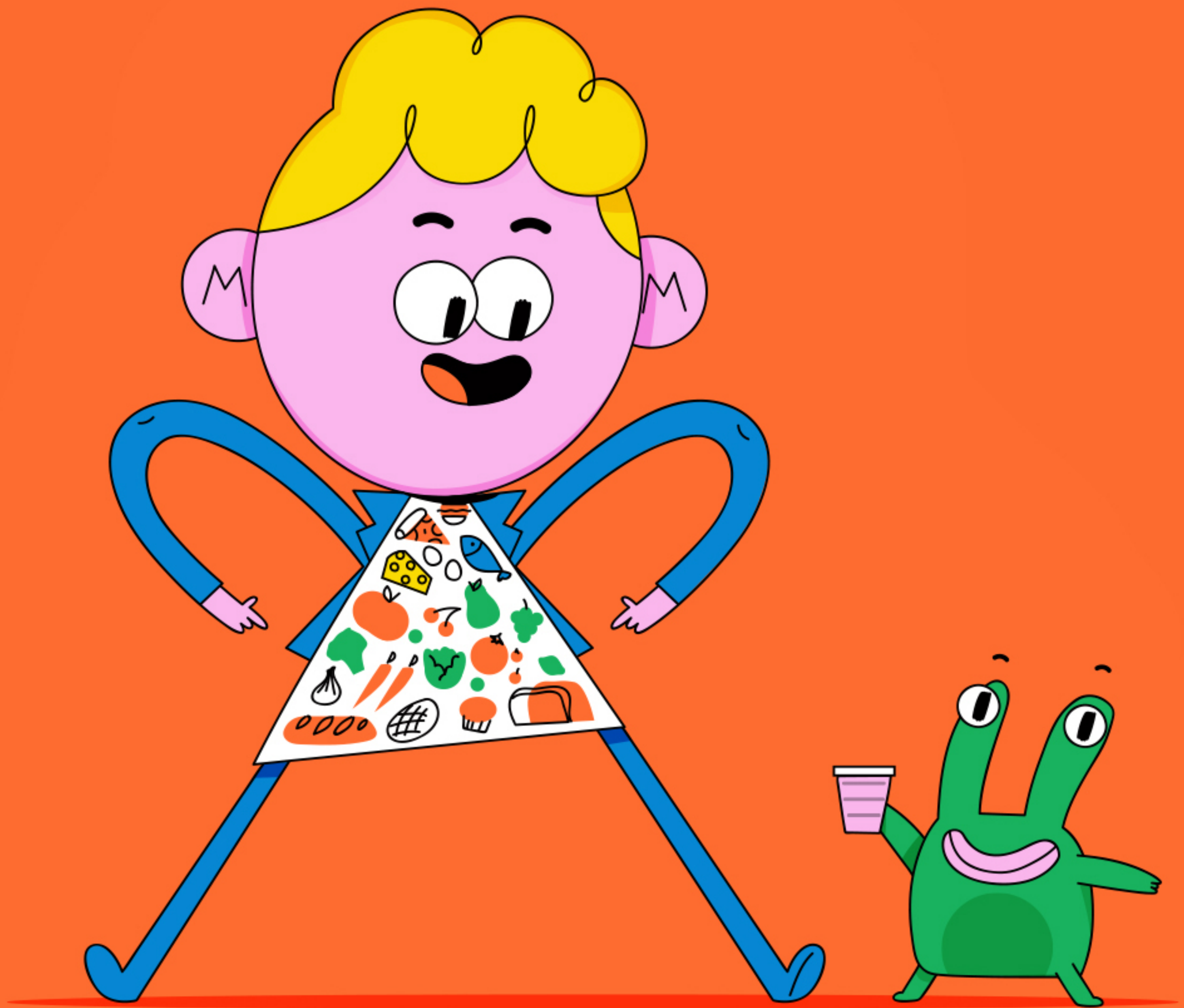




# Get Creative

According to RTOR.org, creating art can provide a healthy outlet for expressing and letting go all your **NEGATIVE** feelings and fears. Painting, poetry, music and other creative expressions can be used to relieve stress and relax your mind and body.

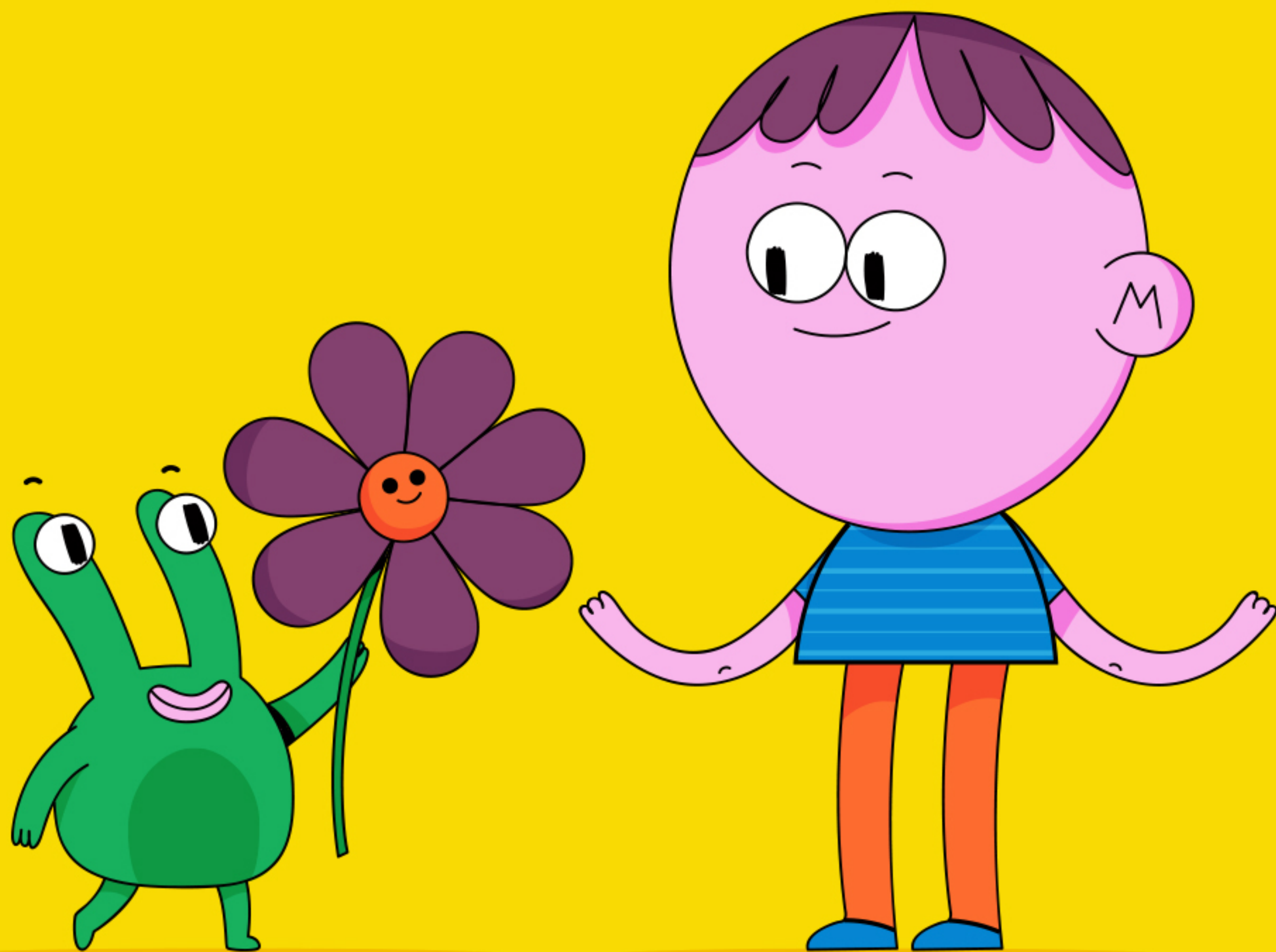




# You are what you eat (and drink)

Eating a healthy diet can have a positive effect on the way you think and feel. It's also important that - if you drink - you do so in moderation. **Alcohol is a depressant and drinking too much can contribute to anxiety and affect your mood.**





# Be Grateful

Regular expression of gratitude can help lower stress levels and even improve your immune system, according to WebMD. Focus on the good things in your life and more goodness will show up.

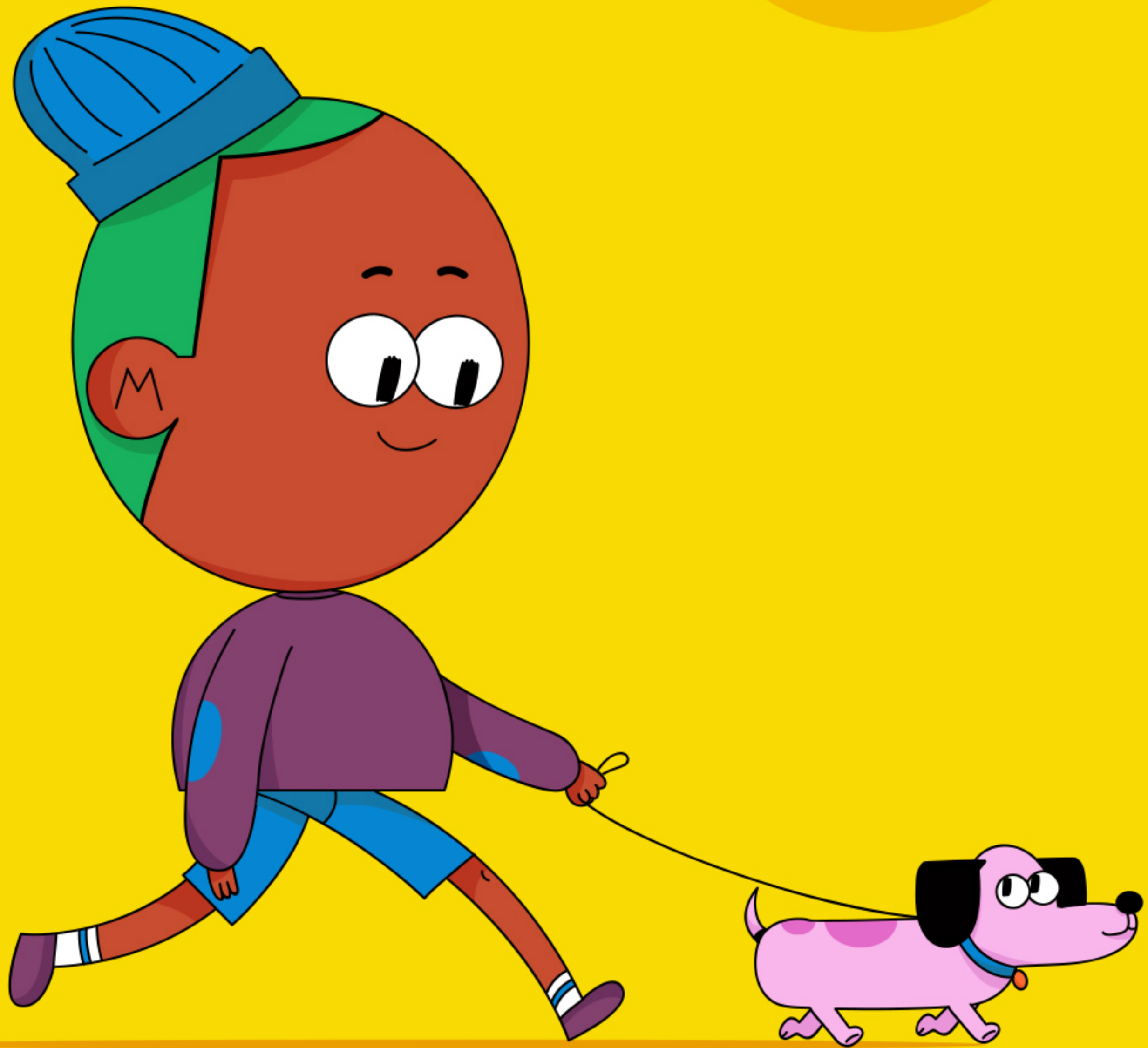




# Practice Mindfulness

Mindfulness meditation can ease anxiety and regulate stress, according to Harvard Health. Whatever your practice, find what works for you to get still and quiet overactive thoughts.

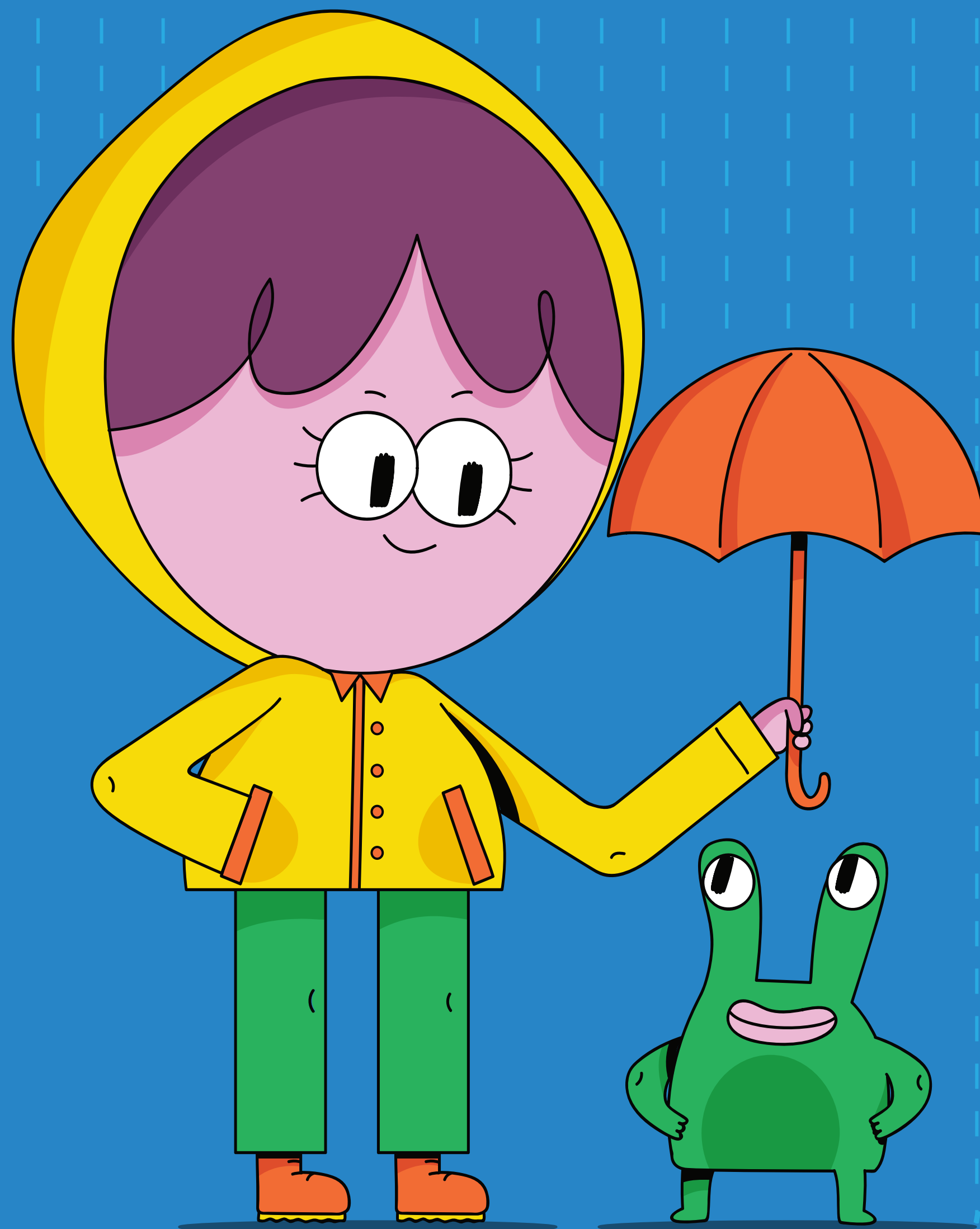




# Get Moving

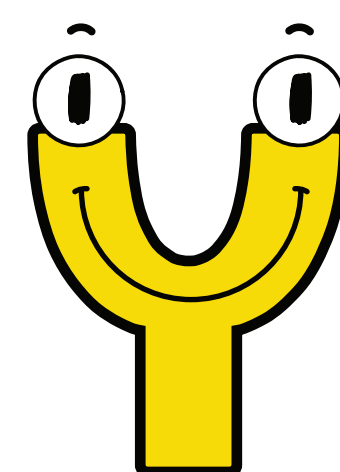
Exercise has a positive effect on our mental health. A daily brisk activity can help you relax, lift your spirits, and help you to manage stress. Taking your dog for a walk can provide the healthy benefits of exercise, sun light, and spending time with your pet in 30 minutes or less.





# Kindness is cool

Committing kind acts can not only benefit others, but it can make you feel better as well. **Do something nice today for someone else!**







# Get Good Rest

A full night of sleep energizes your brain cells, keeps you motivated for all of life's daily activities, and improves your mood.





# Stand Tall

You're no slouch! Research from the University of Auckland suggests that "good posture can relieve stress and boost self-esteem."





# Find Your Purpose

Do something each day - whether social, physical or other activities **that provide comfort or a sense of contribution.** Learning new things is connected to reduction of depression, anxiety and loneliness.

