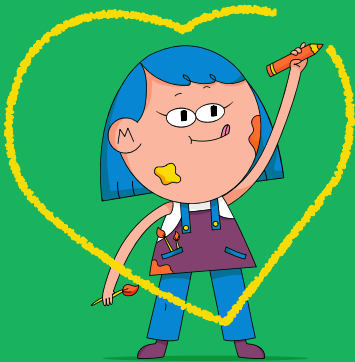


# Hi, how are you project HAPPY HABITS

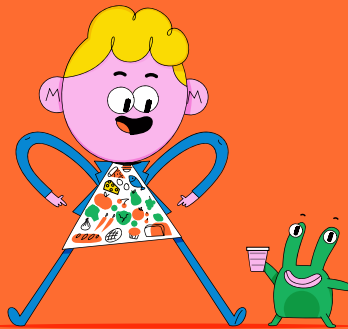
In these challenging times, the Hi, How Are You Project would like to encourage everyone to attend to their mental health just as we are taking precautions to maintain our physical health. It doesn't require much effort to implement helpful strategies that promote your long term well-being. Here are 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."



Have a Hi,  
How Are You  
Conversation



Get Creative



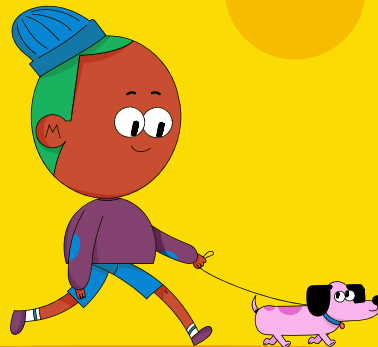
You are what  
you eat (and drink)



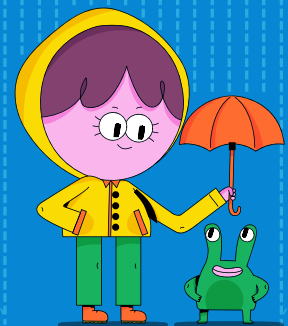
Be Grateful



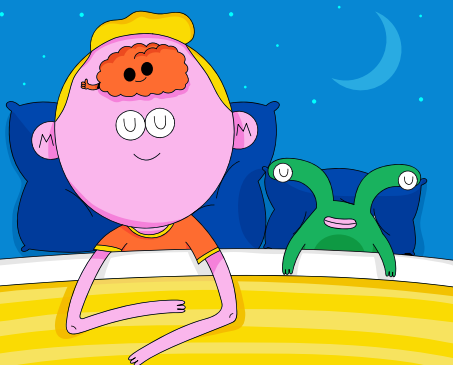
Practice  
Mindfulness



Get Moving



Kindness is cool



Get Good Rest



Stand Tall



Find Your Purpose