

Steps to

Connect with Yourself

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WELLNESS
EDUCATION
CENTRE



Cultivate Happiness

Practice mindfulness

Make time for the hobbies you enjoy

Try meditation or spend a few minutes in silence

Forgive others and let go of grudges to help you move on

Practice gratitude regularly: *Reflect, Recognize, and Appreciate*

Maintain your physical health by eating well, sleeping, and exercising

Acknowledge your negative thoughts and then challenge them with positive ones

Pay attention to which activities you find draining and which you find uplifting

Connect with family and friends to build positive, supportive relationships

Create a morning ritual that you enjoy to start your day on a good note

Learn how to say "no" if you find you've committed to too much

Keep a journal to write down your goals and ideas

Don't be afraid to try new things and activities

Make an effort to be kind to others

Focus on your breathing

Smile :)

