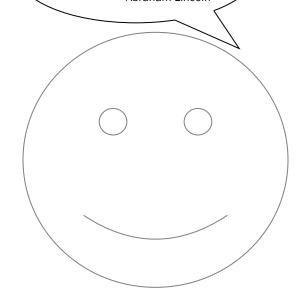
# Reasons W Happy

People are just as happy as they make up their minds to be.

~ Abraham Lincoln



#### HAPPINESS TIPS

- Focus on solutions, not problems
- Watch your thoughts. Turn your negative thoughts to positive ones.
- Do something nice for someone else everyday.
- ♦ Hang out with happy people.
- Watch people who are happy and learn from them.
- ♦ Smile more!
- Accept the good and the bad.
   But, focus on the good.
- Focus on your accomplishments.
- Watch a comedy.
- Think about the people who make you happy and why
- Compliment someone.
- Find what you love to do and make time to do it.
- Remember: tough times don't last, tough people do!

2012, SuccessConciousness.com

### Coping Strategy Guide

## Control~Change COPE



Adapted from Sitsch G. & Senn, D. (2007) Puzzle Pieces. Chapin, SC: Youthlight

### I KNOW I'M STRESSED WHEN I:

•

**♦** 

**♦** 

**♦** 

**♦** 

**♦** 

### The unhealthy ways I cope:

**♦** 

**♦** 

**♦** 

**♦** 

**♦** 

**•** 

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..."

- Dr. Seuss, Oh, the Places You'll Go!

| Stresses I can | I can CHANGE |
|----------------|--------------|
| CONTROL:       | them by:     |
| •              | •            |
| •              | •            |
| •              | •            |
| •              | •            |
| •              | •            |
| •              | •            |
| •              | •            |
| •              | •            |
| •              | •            |
| •              | •            |
| •              | •            |

If you don't like something change it. If you can't change it, change your attitude.

~Maya Angelou

The greatest day in your life and mine is when we take total responsibility for our attitudes. That's the day we truly grow up. — John C. Maxwell

| Stresses I need  | I can COPE by: |
|------------------|----------------|
| to learn to COPE | •              |
| with:            |                |
| <b>•</b>         | \ <b>*</b>     |
| •                | •              |
| •                | •              |
| •                | •              |
| •                |                |
| •                |                |
| <b>•</b>         | \ <b>*</b>     |
| •                | •              |
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|                  |                |