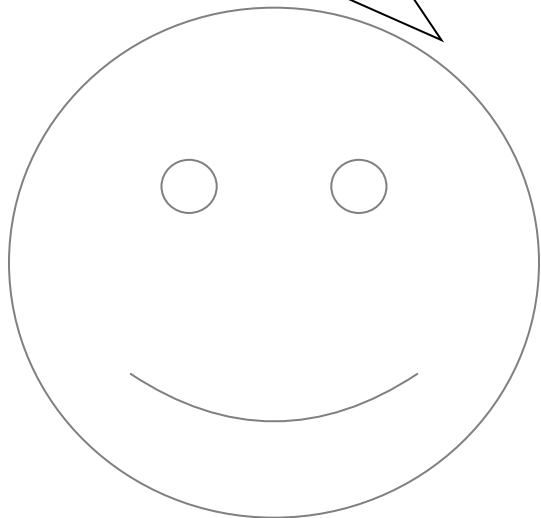


Reasons To Be Happy

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!

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Coping Strategy Guide

Control~Change **COPE**

Some problems are like **CLAY**.
These are problems you can
CONTROL by
making a **CHANGE**



Some problems are like **ROCKS**.
These you can't change and
must learn to **COPE**.

