

WELLNESS MY WAY • TANIA

7 Simple *Happiness* Tips

SMALL DAILY HABITS THAT
BRING MORE JOY INTO
YOUR LIFE.

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PRACTICE GRATITUDE

Write down 3 things you're
thankful for daily.

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A woman with long dark hair, wearing a light green sleeveless top and blue jeans, is walking barefoot on a grassy field. She is looking down and smiling. The background is a lush green landscape with trees and a dirt path.

SPEND TIME IN NATURE

Fresh air boosts mood and energy.

MY PERSONAL FAVORITE

[WELLNESSMYWAY.ONLINE](https://wellnessmyway.online)



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CONNECT WITH OTHERS

Meaningful conversations improve happiness.

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MOVE YOUR BODY

Exercise releases feel-good hormones.

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A woman with brown hair tied in a bun, wearing a grey tank top and blue jeans, is painting on a canvas mounted on a wooden easel. She is holding a green paintbrush. The scene is outdoors on a grassy lawn in front of a house with a red roof and a wooden deck. The text "DO SOMETHING CREATIVE" is overlaid in large white letters.

DO SOMETHING CREATIVE

Art, writing, or music
sparks joy.

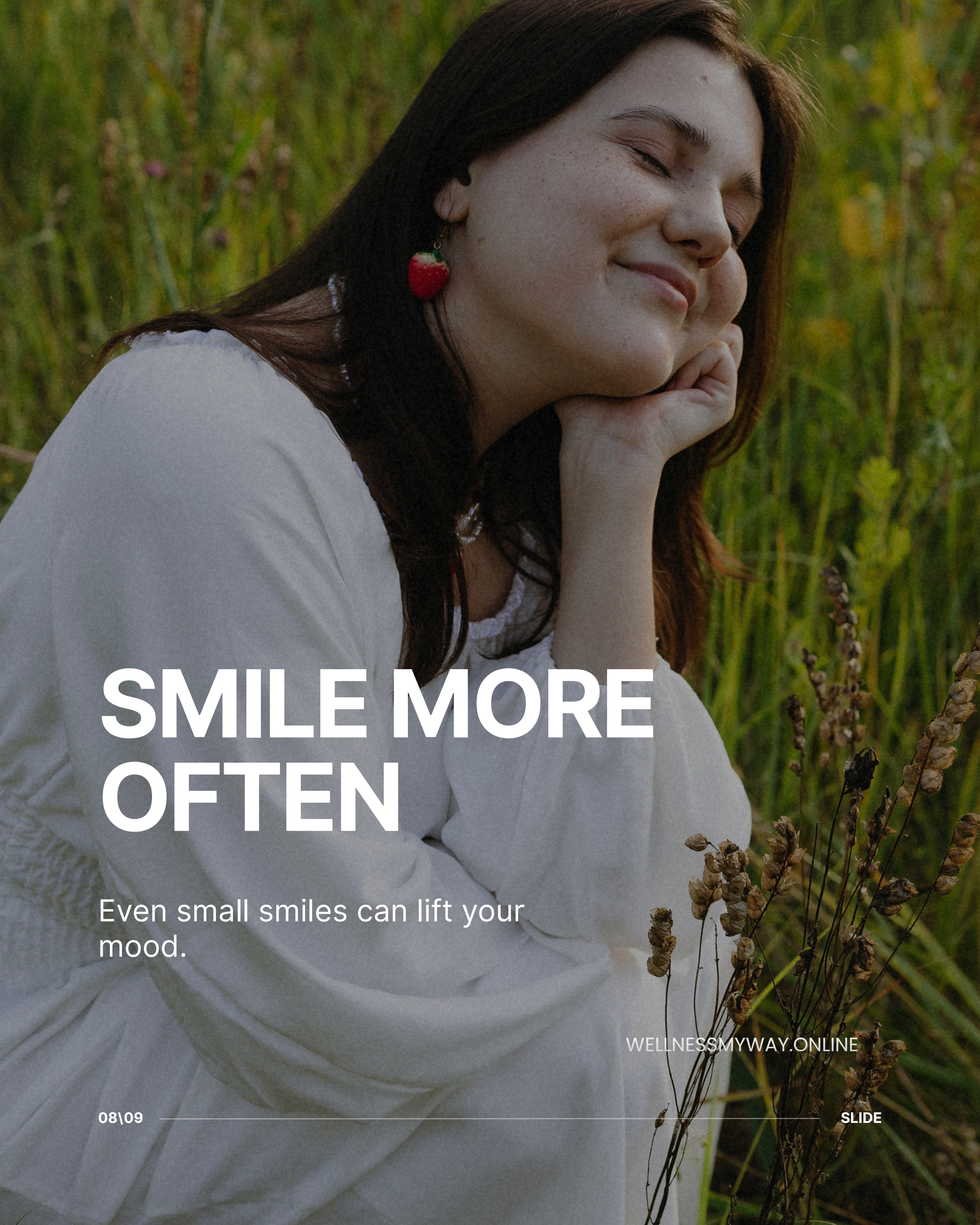
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LIMIT NEGATIVE INPUTS

Reduce time with negative media
or people.

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SMILE MORE OFTEN

Even small smiles can lift your mood.

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A woman with dark hair is lying on her back in a field of tall green grass. She is wearing a red long-sleeved shirt. Her eyes are closed, and her hands are resting near her head. The background is a soft-focus green field.

Which
happiness tip
will you *try*
today?

COMMENT BELOW AND SHARE
YOUR THOUGHTS!

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