BOOSTING YOUR PSYCHOLOGICAL IMMUNE SYSTEM
A guide to increased coping and resilience

PUT ON YOUR GRATITUDE GLASSES
Practicing gratitude boosts health and happiness by affirming the good in life and giving thanks where it's due

SAVOUR SPECIAL MOMENTS
Being mindful opens our awareness to the enjoyment of simple pleasures which can intensify positive emotions

GIVE SLEEP A CHANCE
Making space for quality sleep is a great way to stay healthy, both mentally and physically

ADD SOME MEANING TO YOUR MOVEMENT
Moving your body with purpose and intention is a natural mood booster

PUT A KIND FOOT FORWARD
Performing random acts of kindness (no matter how small) helps us feel more connected to others and increases overall happiness

CONNECT WHEN YOU CAN
The act of connecting with others, (even if it's brief or if it's with a stranger) elevates your mood