TOP TEN

Feel Happier!
Enjoy a New View

1. Call a **friend** or reconnect with an old friend.

2. **Talk** to a trusted friend or family member, your minister or your health care provider if emotions keep getting you down.

3. Help someone — **volunteer** your time, skills or intellect in your community.

4. Write down the **good things** that happened to you today.

5. **Recapture** the child in you with fun, games and laughter.

6. **Schedule** your annual checkup with your health care provider.

7. Leave your guilt at the door and find **positive ways** to change what isn’t working in your life, one small step at a time.

8. **Clear the clutter** at home and in your work space.

9. **Explore** a subject or hobby that you have found interesting but have never taken the time to pursue.

10. **Fix something** that is broken.