

Don't Worry Be Happy....

Your Emotional Health is Just as Important as Your Physical Health.

Fortunately, there are things you can do to maintain feelings of happiness and contentment as you age, such as:

- ★ **Eat well.** Avoid “junk” food and alcohol (it’s a depressant). The better you eat, the better you’ll feel.
- ★ **Regular exercise.** Physical activity can improve your mood and create positive feelings.
- ★ **Get a good night’s sleep.** Quality sleep on a regular basis can help your mind and body. (If you eat right and exercise, you’ll sleep better!)
- ★ **Do things you usually enjoy.** Even if your heart isn’t fully in it, you’ll reap some benefits from engaging in activities that have been shown to bring you happiness.
- ★ **Volunteer.** Doing things for others has been shown to make people feel happier.
- ★ **Get outdoors.** Whether you take a walk or gaze at the stars, breathing in some fresh air is good for you.
- ★ **Keep a journal.** Writing down favorite memories or things you’re grateful for is a great way to boost your mood.
- ★ **Meditate.** Taking a few minutes each day for quiet, peaceful meditation can improve feelings of stress and anxiety.



What makes you feel happy and content? Is it on this list? If not, make your own list and commit to doing things that make you feel good.

If you're looking for some new things to try, come out to one of our member or community events. We offer a variety of social, educational and wellness programs through out the area.



For more information, visit:

bit.ly/CNCEvents
for CNC Member Events

bit.ly/CNCSeniorEvents
for CNC Community Events