

# EMOTIONAL WELLNESS

BUILD YOUR HAPPINESS



**Value the peaks and valleys.**  
Learn and grow from the ups and downs.

**Learn to say no.**  
Balance helping others with prioritizing yourself.

**Ditch draining habits.**  
Do more of what makes you feel good!

**Live with intention.**  
Find purpose and meaning in your life.

**Prioritize positivity.**  
Replace negative narrative with self-compassion and appreciation.