



YMCA HEALTHY HABITS
BE HAPPY



#YMCA
#HealthyHabits
#Happy



indymca.org/healthyhabits



HEALTHY HABIT TIPS: BE HAPPY

- Nurture the positive relationships that you have, and seek out more of those relationships that help uplift you.
- Serve others.
- Treat everyone with kindness.
- Live in the present. Observe yourself in the moment.
- Nurture your spirit.
- Strive to always learn new things.
- Improve breathing, relaxation and centeredness with yoga, tai chi or meditation.
- Connect with nature. Observe the natural beauty that surrounds you and feel a sense of connection in the world.

