

CALMING BUBBLE BREATHING

Slowly blow bubbles (either imaginary or with real soap.)
Feel Calmer. That's it.

MULTIPLY YOUR HAPPY

A DAILY POSITIVE PSYCHOLOGY CALENDAR
TO BUILD RESILIENCE & HAPPINESS

- Adults
- Teens
- Kids
- Preschoolers

1

Avoid overthinking & social comparison

Get moving!

Try a new fruit

Taste a new food

2

Try a meditation or spirituality exercise

Plan some "screen-free" time

Choose new books at the library

Listen to a new story

3

Recognize your good coping skills

What's your favorite emoji? Why?

Practice bubble breaths

Be kind to everyone

4

Catch up with a friend

How do you stay safe when out with friends?

Listen to a friend's story

Share a favorite toy

5

Have a family talk about social media use guidelines

Put phones away during mealtime

Have show and tell with your family

Have a family picnic - inside or outside!

6

Say "and" instead of "but"

Discover a creative way to exercise

Practice forgiveness

What is the best part of your day?

7

Start the day with optimism

Help someone out

Paint or draw something you are thankful for

Have fun playing

8

Practice deep breathing

Express yourself artistically

Explore the outdoors

Draw some shapes

9

Forgive someone or yourself

Make a playlist of happy songs

What calms you down?

Play games together

10

Make a date night

Tell someone how much they mean to you

Tell a friend why they are special

Thank someone today

11

Establish a family routine

What are you hopeful about?

Invent a new holiday to celebrate

Be a helper!

12

Practice mindful acts of kindness

Change negative thoughts into positive ones

Practice saying "I feel _____"

Drink or eat something healthy

13

Spend time outdoors

Set a goal & start working towards it

Who can you help today?

Tell someone a story

14

Enhance water with lemons or cucumbers

Go to sleep 15 minutes earlier

Write or draw a fun story

Make feeling faces in the mirror

15

Pamper yourself

Relax with bubble breathing

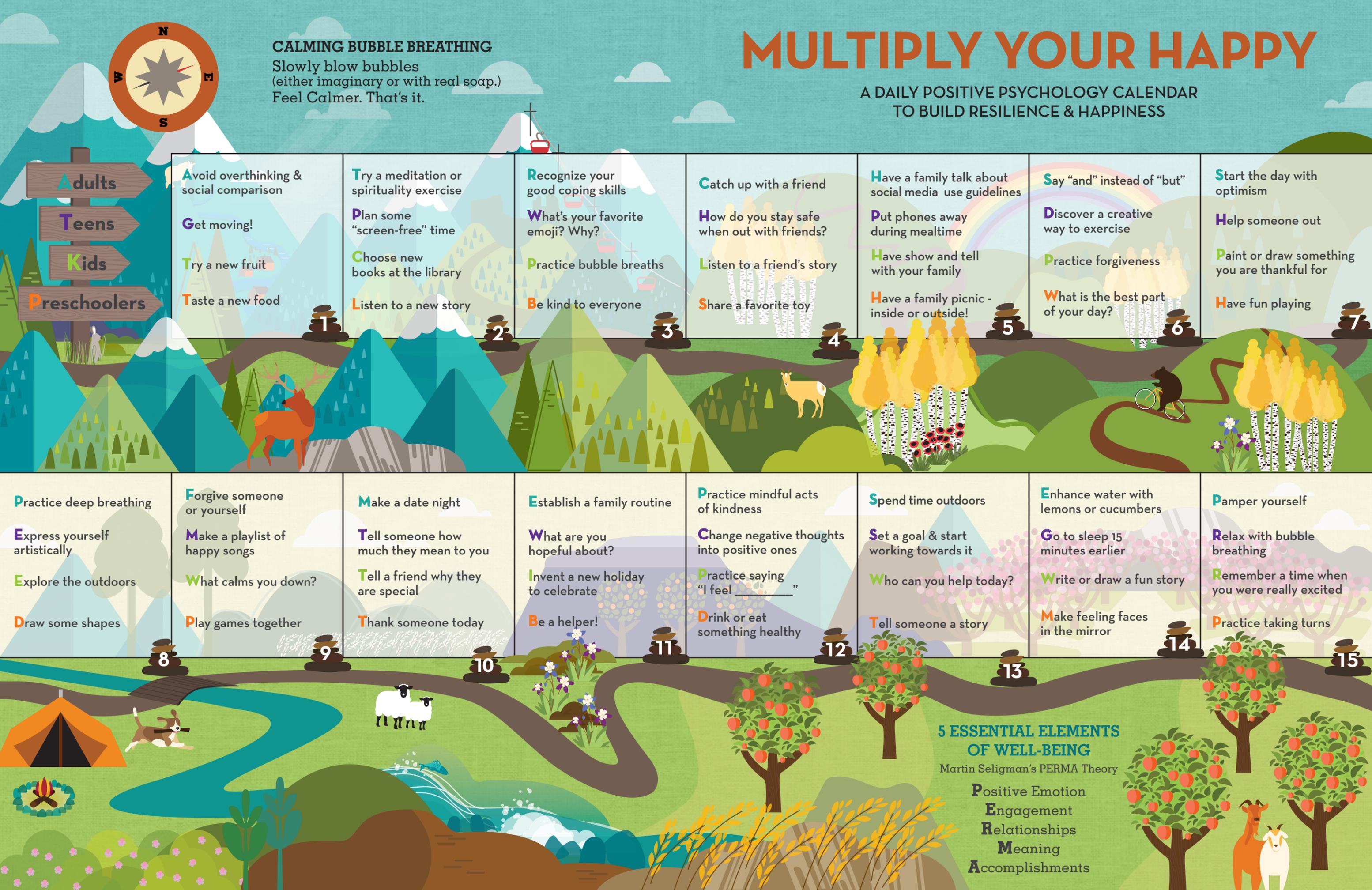
Remember a time when you were really excited

Practice taking turns

5 ESSENTIAL ELEMENTS OF WELL-BEING

Martin Seligman's PERMA Theory

- P**ositive Emotion
- E**ngagement
- R**elationships
- M**eaning
- A**ccomplishments



40%
of your
HAPPINESS

is controlled by
your **thoughts,**
actions and
behaviors.

- Dr. Sonja Lyubomirsky

MIND SPRINGS health

Prevention. Care. Recovery.



WEST SPRINGS hospital

Psychiatric Care & Recovery

<p>Schedule your family's annual check-ups</p> <p>Go for a bike ride & wear your helmet</p> <p>Make a new friend</p> <p>Count really high</p> <p>16</p>	<p>Read for pleasure</p> <p>Write a story, poem, blog or song</p> <p>Practice telling time</p> <p>Practice brushing your teeth by yourself</p> <p>17</p>	<p>Remember what is in your control</p> <p>Learn new ways to handle stress</p> <p>Draw feeling faces</p> <p>Think about what calms you down</p> <p>18</p>	<p>Lead your family in bubble breathing</p> <p>Listen to a friend</p> <p>Have a play date</p> <p>Use your listening ears</p> <p>19</p>	<p>Commit to a goal</p> <p>Talk about a problem you have</p> <p>Have a camp out - inside or outside</p> <p>Give hugs and kisses</p> <p>20</p>	<p>Reframe a negative into a positive</p> <p>Remind yourself of times when you "bounced back"</p> <p>Say "I can" when trying something new</p> <p>Tell someone you love them</p> <p>21</p>	<p>Nurture a relationship</p> <p>Forgive someone</p> <p>Play your favorite game</p> <p>Hop, skip, jump or crawl</p> <p>22</p>	<p>Eat slowly & savor food</p> <p>Make a healthy snack</p> <p>Draw yourself playing safely</p> <p>Wash your hands with soap and water</p> <p>23</p>
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<p>Use humor!</p> <p>Know who to reach out to in a crisis</p> <p>What's the best part of your day?</p> <p>Draw happy faces</p> <p>24</p>	<p>Whose life can you impact today?</p> <p>Talk to a classmate you don't know well</p> <p>Sing, dance or do both!</p> <p>Snuggle time!</p> <p>25</p>	<p>Share a special memory</p> <p>Start a new family ritual</p> <p>Be active and get sweaty</p> <p>Tell how you are feeling today</p> <p>26</p>	<p>Say a positive affirmation</p> <p>Cultivate optimism</p> <p>Learn about a historical person</p> <p>Run really, really fast</p> <p>27</p>	<p>Express gratitude</p> <p>Take a positive risk and try something new</p> <p>Practice kindness</p> <p>Do silly things</p> <p>28</p>	<p>Try stretching or yoga poses</p> <p>Decide on a new healthy choice and stick to it</p> <p>Talk about what makes your family awesome</p> <p>Look for your favorite colors</p> <p>29</p>	<p>Do something creative</p> <p>Where does spirituality fit into your life?</p> <p>Close your eyes and think of peaceful things</p> <p>Think about happiness</p> <p>30</p>	<p>Focus on what went well today</p> <p>Use "I feel _____"</p> <p>Do something nice for a friend</p> <p>Tell how brave you are</p> <p>31</p>
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Multiply Your Happy every month. Turn this over and start again!