

## Flourish!

### *12 Research-Informed Hints to Improve Well-Being*

- **Be kind.** Do something nice for someone.
- **Practice gratitude.** Think of three things that went well today. Write them, reflect, say thanks.
- **Love others, love yourself.** Share warmth and compassion with yourself and others.
- **Know your strengths.** Use a natural strength in a new way daily.
- **Get quiet.** Pause. Breathe. Meditate daily even for a few moments.
- **Savor good stuff.** Notice good moments. Celebrate good news.
- **Build your vitality.** Move. Walk. Use the stairs. Park further away.
- **Relationships matter.** Connect with a friend. Make a date to do something together.
- **Remember to laugh.** Smiling activates well-being!
- **Create your positivity list.** Identify 10 things that lift your spirits - include them in your life.
- **Set meaningful goals.** Take action on clear, realistic, reachable targets.
- **Keep learning and exploring.**



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