

## Happiness Calendar: WEEK 1

**DIRECTIONS:** Do your best to complete each day's activity to earn one 😊 (point) per day. Earn a maximum of 10 😊s (points) total (five per week)!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>WHAT'S GOOD?!</u></b></p> <p>Research shows that daily gratitude can have a positive effect on the brain.</p> <p><b>What is ONE good thing about today?</b></p> <p>Optional: Contribute to the <a href="#">WFHTN Joy Jar</a>. (Responses are anonymous.)</p>	<p><b><u>CONNECT</u></b></p> <p>Nurturing relationships with other people can make them feel cared for and help you feel cared for, too. Having friends and other social connections is good for your health and well-being.</p> <p><b>Which relationship will you strengthen today and how?</b></p>	<p><b><u>BE MINDFUL</u></b></p> <p>Over time, being present and mindful has been shown to help reduce feelings of stress, increase satisfaction with close relationships, and improve physical and mental health.</p> <p><b>How will you be more mindful today?</b></p>	<p><b><u>GET ACTIVE</u></b></p> <p>Even if it seems hard to fit in a little exercise, chances are you're going to feel better when it's done. Only one way to find out. Go for it!</p> <p><b>What will you do today to be active?</b></p>	<p><b><u>LOVE YOURSELF</u></b></p> <p>Being kind to ourselves, like we are to friends and family, can increase our overall well-being.</p> <p><b>Give yourself at least ONE compliment today.</b></p>
<b><u>NOTES</u></b>	<b><u>NOTES</u></b>	<b><u>NOTES</u></b>	<b><u>NOTES</u></b>	<b><u>NOTES</u></b>
<p><b>RESOURCES</b></p> <p><a href="#">The Neuroscience of Gratitude and How It Affects Anxiety &amp; Grief</a></p> <p><a href="#">How Gratitude Changes You and Your Brain</a></p>	<p><b>RESOURCES</b></p> <p><a href="#">Here4TN Relationship Resources</a></p> <p><a href="#">Strong Relationships, Strong Health</a></p>	<p><b>RESOURCES</b></p> <p><a href="#">5-4-3-2-1 Grounding Technique for Anxiety</a></p> <p><a href="#">10-Minute Mindfulness Meditation</a></p>	<p><b>RESOURCES</b></p> <p><a href="#">Free At-Home Workouts</a></p> <p><a href="#">Desk Stretches</a></p> <p><a href="#">Office Exercises</a></p> <p><a href="#">Walking Meeting</a></p>	<p><b>RESOURCES</b></p> <p><a href="#">The Scientific Benefits of Self-Compassion</a></p> <p><a href="#">Self-Compassion Exercises</a></p>
<p><b>My Total 😊s Earned: _____</b></p>				

**\*\*Let us know you participated in this challenge for a chance to win a prize from WFHTN by submitting your total points earned to [https://stateofennessee.formstack.com/forms/wfhtn\\_happiness\\_challenge\\_submission](https://stateofennessee.formstack.com/forms/wfhtn_happiness_challenge_submission).\*\***

We'd love to receive your challenge photo(s)! Share with [permission](#) to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov).



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## Happiness Calendar: WEEK 2

**DIRECTIONS:** Do your best to complete each day's activity to earn one 😊 (point) per day. Earn a maximum of 10 😊 s (points) total (five per week)!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>BE KIND</u></b></p> <p>Even something small, like a smile or a friendly wave to a stranger across the road, is an act of kindness. Your actions make a difference.</p> <p><b>What's an act of kindness you'll do today?</b></p>	<p><b><u>TRY IT!</u></b></p> <p>Trying new things can boost your confidence and bring a sense of achievement.</p> <p><b>What's something new you'll try today?</b></p>	<p><b><u>BOUNCE BACK</u></b></p> <p>Resilience can help protect you from various mental health conditions. Resilience is the ability to adapt to difficult situations. When life doesn't go as expected, you still experience emotions, but you're able to keep functioning.</p> <p><b>What will you do to be more resilient today?</b></p>	<p><b><u>#GOALS</u></b></p> <p>Setting a goal can help you feel happier and more motivated. Maybe you have a goal but haven't checked on it in a while.</p> <p><b>What's a goal you'll set (or check in on) today?</b></p>	<p><b><u>LET'S LAUGH</u></b></p> <p>Laughter and joy lead to improved well-being, boosted morale, increased communication skills and an enriched quality of life.</p> <p><b>What's something you've laughed about today?</b></p>
<b><u>NOTES</u></b>	<b><u>NOTES</u></b>	<b><u>NOTES</u></b>	<b><u>NOTES</u></b>	<b><u>NOTES</u></b>
<p><b>RESOURCES</b></p> <p><a href="#">Kindness Matters Guide</a></p> <p><a href="#">Random Acts of Kindness</a></p>	<p><b>RESOURCES</b></p> <p><a href="#">Hobbies Handout</a></p> <p>WFHTN: <a href="#">Healthy Recipes</a></p>	<p><b>RESOURCES</b></p> <p><a href="#">Resilience: Build Skills to Endure Hardship</a></p> <p><a href="#">Ramp Up Your Resilience</a></p> <p>Here4TN: <a href="#">9 Ways to Build Resilience</a></p>	<p><b>RESOURCES</b></p> <p><a href="#">S.M.A.R.T. Goal Setting Worksheet</a></p> <p><a href="#">The Importance, Benefits, and Value of Goal Setting</a></p>	<p><b>RESOURCES</b></p> <p><a href="#">National Humor Month</a></p> <p><a href="#">Stress Relief from Laughter? It's No Joke</a></p>
<p><b>My Total 😊 s Earned: _____</b></p>				

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