

Eat Yourself Happy

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Eat Yourself Happy

2020 Eat Smart Month Planning Guide

the Eat Smart Facebook filter, encourage a buddy system, create daily or weekly activities and post participants' cooking videos Zero in on the 1-2-3s of Eat Smart Month: 1 Sign up for the Eat Smart Month Daily Holiday Hacks 2 Share on social media and use #EatSmart #HealthyforGood 3 Join Healthy for Good X Y Z V For more

Kind To Yourself

Surround yourself with good people Focus forward Relax/Recharge Create a happy/safe space Make a (happy) memory box Stretch, walk, exercise Get fresh air & sunshine Eat/drink healthy Pray/Meditate Sleep/nap Take a shower/bath Read a book/Watch a movie Yoga Cook or bake Listen to or play music Make a collage of happy things

Are You Feeling Tired, Sad, Angry, Irritable, Hopeless?

yourself together" and "snap out of it" Clinical depression is a medical illness, and like other medical illnesses, it is not fully within your control Getting the right treatment is the key to recovery The first step in getting the right help for depression is talking to your doctor Make sure to talk about any symptoms you are experiencing

Help Yourself to a - Oklahoma

Help Yourself to a Healthy Home Table of Contents You want to take good care of your family You try to eat healthy foods You take your ? children to the doctor for regular checkups You try your best to protect your family from accidents and illness You want to live in a safe neighborhood and home

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