Laugh
- do what you love
- have fun with friends
- celebrate what makes you special

Talk
- talk with friends
- be active
- take a break & relax

Give
- take your time
- help others
- give a smile
- be silly & giggle

Smile
- laugh
- talk
- give
- do what you love
- have fun with friends
- celebrate what makes you special
- talk with friends
- be active
- take a break & relax
- take your time
- help others
- give a smile
- be silly & giggle

WWW.EVERYMOMENTCOUNTS.ORG
TALK ABOUT IT
Share your feelings with a friend - it feels good.

CONNECT
Talk & listen, be there, feel connected.
Connect with people - family, friends, and community.

GIVE
Your time, your words, your presence. Doing things, big or small, for others is linked to happiness. Thank someone, smile, do something nice for a friend, volunteer.

Strong social relationships provide love, support, and a sense of being.

Occupational Therapy
Change Leaders of Cleveland
Contact Susan Bazyk
s.bazyk@csuohio.edu
Be Kind to your Mind

OCCUPATIONAL THERAPY CHANGE LEADERS OF CLEVELAND CONTACT SUSAN BAZYK S.BAZYK@CSUOHIO.EDU
Top 10 Tips

1. Be active
2. Be engaged
3. Take a break
4. Keep stress under control
5. Be enthusiastic
6. Think positively
7. Do activities you love
8. Celebrate what makes you special
9. Get enough sleep & eat healthy
10. Remember things that give you joy
Make Happiness a Habit


Keep learning.
National Children’s National Children’s National Children’s National Children’s
be kind to your mind!
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Mental Health Day
www.everymomentcounts.org