

FIVE TO THRIVE

guidelines

1

CONNECT WITH OTHERS

Be nice, ask twice.

2

GIVE YOUR SMILE...

...and time to others.

3

TAKE NOTICE

Be in the moment.

Practice mindfulness & gratitude.

4

KEEP LEARNING...

...new things - embrace a challenge.

5

STAY ACTIVE

Do a physical activity that you love at least three times a week.