

You can't have **HEALTHY** without **HAPPY**

HEALTHY is the earnest pursuit of physical, emotional, mental (spiritual) well being.

HAPPINESS is the JOY you feel striving towards your POTENTIAL.

HOW DO YOU CREATE CONNECTION?



QUALITY

- **CONFIDENTIALITY**
a safe space to share
- **LISTENING**
ask follow up questions
- **MUTUAL SUBMISSION**
both participants being open and willing to be vulnerable (HEADSSS)

HEALTHY HABITS + POSITIVE PRACTICES

- 9** hrs of **SLEEP**
- 5** servings of **FRUITS + VEGGIES**
- 2** hrs or **LESS** of **SCREEN TIME**
- 1** hr or **MORE** of **EXERCISE**
- 0** sugary drinks/added **SUGAR**

JOURNALING write down a meaningful experience you've had in the past 24 hrs

GRATITUDE write down 3 new things that you're grateful for, 21 days in a row

CONSCIOUS ACT OF KINDNESS send a positive email first thing in the morning thanking someone in your social network

MEDITATION take 2 minutes a day to focus on your breathing

EXERCISE just 15 minutes a day can have a positive impact on your mood

BOBO BLANKSON, MD

f **Doctor Bobo** t **doctorbobo1**