

# 14 DAYS of happiness!

*14 Days of Happiness* invites you to try two to three activities each day to counteract stress and cultivate positive emotions.

## PROGRAM DATES:

## HOW THE PROGRAM WORKS:

- The **14 Days of Happiness** provides you with 54 activities in six different categories:
  - *Physical Nourishment*
  - *Emotional Wellbeing*
  - *Social Connection*
  - *Community Wellbeing*
  - *Career Care*
  - *Simple Pleasures*
- Log your activities on the provided tracker.
- Your goal is to complete **30 or more** activities by the end of the program, choosing at least one new activity each day.

## PROGRAM DETAILS:



Choose **THREE** activities to perform each day.