

A happier you

1. Nutrition

1.1 *Twelve Nutrients linked to Happiness*

1.2 *A closer look at Sugar and refined Carbs*

1.3 *A closer look at Industrial Fats*

2. Physical

2.1 *Sleep*

2.2 *Exercise*

2.3 *Stretching*

3. Mental

3.1 *Emotional Intelligence*

3.2 *Coping skills*

3.3 *Increased Intelligence*

4. Spiritual

4.1 *Gratitude*

4.2 *Mindfulness*

4.3 *Acts of kindness*