

# 10 WAYS TO BE HAPPY WHEN YOU'RE FEELING DOWN.

1. Smile
2. Clean the house
3. Do something for someone
4. Read Psalms
5. Freshen up
6. Tackle a job
7. Be thankful
8. Take a nap
9. Rest in God
10. Play uplifting music

"HAPPINESS DEPENDS UPON OURSELVES."

{ARISTOTLE}

