



HAPPINESS counts

YOUR GUIDE TO PRACTICING POSITIVITY,
WHICH MAY HELP IMPROVE YOUR HEALTH.

 UnitedHealthcare®

Whether you need a boost for body, mind or spirit, current studies show that positive thinking—and doing—may improve your health as well as your mood*. Best of all, positive thinking can be learned and even passed on to others.

See how much happiness can count in your life:

- Read the ideas in this guide. Use the attached notepad to write down the ones you like best, change ideas to better suit your needs and journal daily about the positive things happening in your life.
- Pick a few of your favorite ideas and practice them regularly. Over time, you may just find yourself smiling more—and feeling healthier.
- Then, share your positive outlook with others by sending them one of the enclosed postcards. It's a simple action that can make someone else's day.

Let's get started!

**Thrive, Dan Buettner, 2012*



Appreciate

15 MINUTES

Before you go to bed each night, take time to jot down something you're grateful for on the attached notepad. With practice, you may just fall asleep faster and stay asleep longer.

42¢

It only takes one of the enclosed postcards and the cost of a stamp to thank someone for being a wonderful part of your life.

1/2 HOUR

Take a 30-minute time-out from worry each day. Think of this as your daily happy hour, where you let your worries go and enjoy the beauty of the present moment.

5 x a week

Experts recommend walking 5 days out of every week. Along your way: Say hello to neighbors. Strike up a conversation. Breathe deeply. And enjoy the beauty around you.

1-2-3-4

Teach someone young an old dance. The average tune lasts only a few minutes, but the ability to swing, waltz or foxtrot lasts a lifetime. You'll both be smiling.

7 across, 24 down

Exercise your mind by tackling a brain teaser or crossword puzzle. Studies show that these challenging activities can strengthen brain cells.*

**www.longevity.about.com*



MOVE

Smile

3 pet videos

You know you love them.
So enjoy! Then email your
favorite online video to
3 friends to share the fun.

90-minute laugh track

Watch a funny movie.
A good laugh can reduce
blood pressure and the effects
of stress, but also helps improve
alertness and memory—all
reasons to be happy.*

24-hour optimist

They say every cloud has
a silver lining, so practice
putting a positive spin on
things. Optimism has
been linked to a healthy
immune system.**

*www.webmd.com

**www.psmag.com, 2010

LOVE

1 Animal Shelter

Petting animals (as long as it's OK with the shelter) feels wonderful for you, and can be comforting for them. To find a shelter near you, visit www.adoptapet.com/animal-shelters.

a million memories

Spend an afternoon sharing memories with friends. Remember to bring photos if you have them!

2 pots

of soil

Start a garden or grow indoor plants. A connection to the earth and its simple miracles can bring happiness to the soul.

Unlimited

hugs and kisses

Show how much a loved one or friend means to you with a simple hug or kiss. More comfortable with a high-five or pat on the back? That works, too.

Connect

8 oz. coffee

Visit your local coffee shop and get to know the regulars and staff. Seeing friends over a cuppa' Joe is a positive way to start your day.

4 visits

Join a club and get involved at least 4 times a month. Working with others toward a common goal is a powerful way you can raise your positivity.

5-minute check-in

Visit with neighbors. Call the grandkids. Email a friend. Even short hellos promote a sense of belonging.

Give

100 coins

Create a 'giving fund.' Save a little each month, then give it to a favorite charity at the end of the year. It's an easy way to cultivate a sense of purpose and feel a part of something important.

100 hours

Volunteering produces lots of positivity benefits: Not only are you lending a hand where it's needed most, but you'll have plenty of opportunities for learning and socializing—all components of a happy lifestyle.

100 years

Leaving a legacy can be simple and personal. Type up a few stories from your childhood or choose a special memento to hand down. It's a great feeling knowing that others will enjoy your gift or memories for years to come.

5 accomplishments

List several of the positive things you've accomplished in life on the attached notepad and read your list daily. You may be amazed by how good you'll feel about yourself.

1 look

Take a moment to look in a mirror and say something you like about yourself. Say it out loud and smile!

365 thoughts

Start a positivity diary and write down positive thoughts and happenings each day. Then enjoy re-reading your notes next year.

reflect

enjoy

3 MEALS

Every meal offers a chance to slow down and enjoy delicious food. Remember, just like the kids, you still need your fruits and veggies—and it's good manners to thank the cook—even if that's you!

5 DEEP BREATHS

By practicing deep breathing regularly, you may reduce anxiety, lower your blood pressure and feel more energetic.*

1001 SHADES OF HAPPY

Bump up your positivity by adding colors you love to your life. Can't paint an entire room? No problem. Decorate with flowers or candles. Or simply add a new shirt to your wardrobe in your favorite color.

*www.health.harvard.edu, 2009

15

... and counting

Here are just a few more ideas that may increase your happiness and spread positivity to others. List your own on the attached notepad.

1. Open a door for someone.
2. **Buy someone coffee.**
3. Hide a small note for someone to discover later.
4. **Give a compliment.**
5. Accept help from others when you need it.
6. **Discuss a good book.**
7. Teach a game.
8. **Send a get-well card.**
9. Be a great listener.
10. **Laugh—and others will, too.**
11. Tell a fun secret.
12. **Spend time with a grandchild.**
13. Set a new goal and ask a friend to hold you to it.
14. **Let someone in line ahead of you.**
15. Sing!

share



Now it's time to put your positivity into practice.

Remember to write your thoughts each day on the attached notepad, and use the enclosed postcards to share your happiness with others.

To get even more out of your efforts, you may want to:

- Tell family and friends what you're doing and invite them to join in.
- Enlist a positivity buddy. Check in regularly to keep each other on track.
- Keep learning about the benefits of positive thinking and doing. Look for articles online or ask your doctor for information.

Here's to happy!



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HAPPINESS counts

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HAPPINESS counts

Happiness grows when you share it with others.

Use the enclosed postcards to mail a positive message to someone you care about. It's an easy way to make their day and share a smile.

(because you are awesome!)



Smile

(because you are awesome!)

YOU ARE

Appreciated

(thanks for being in my life)

laugh

(it's contagious)

LOVE

*(sending you a hug
and a kiss)*

a note from:



to:

HAPPINESS
counts



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Here's to a happy, healthy you.



P.O. Box 219359
Kansas City, MO 64121-9359

PRESORTED
STANDARD
U.S. POSTAGE
PAID
UNITEDHEALTHCARE

YOUR **HAPPINESS COUNTS**
KIT IS HERE!

DB_FNAME DB_LNAME
DB_ADDLINE1
DB_ADDLINE2
DB_CITY, DB_STATE DB_ZIP4



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Health or wellness or prevention information.

HAPPINESS
counts



8

6

NO INK OR VARNISH

NO INK OR VARNISH

3/4"

3/4"