



ACTION STEPS FOR HEALTH & HAPPINESS

Help others and let others help you



- Attend a support group with others who share the same health problem you have.
- Volunteer in a soup kitchen or food bank.
- Take care of your friend's or family member's children and let them return the favor.
- Call, text, email, or visit a friend today. Let your friend know how much they mean to you.

Dos

- Share your feelings with trusted relatives and friends.
- Vent your feelings and give and get support on social media networks.

Don'ts

- Don't let your emotions get "bottled up inside."
- Don't post any messages or photos that you would want an employer or stranger to see.