# **FIVE TO THRIVE**



#### **CONNECT WITH OTHERS** Be nice, ask twice.



# **GIVE YOUR SMILE...**

...and time to others.



#### TAKE NOTICE

Be in the moment. Practice mindfulness & gratitude.



### **KEEP LEARNING...**

...new things - embrace a challenge.



## **STAY ACTIVE**

Do a physical activity that you love at least three times a week.