



GOOD GRIEF!

GET HAPPY, NOW

Maybe it's been a rough day or a particularly hard month. Or maybe you just feel like laughing till your face hurts. Whatever your reason for wanting a boost of happiness to your day, we hope this list helps to get you there.

- Curl up with a movie that makes you feel good.
Here's a top-ten list to get you started:
 1. Up
 2. Forrest Gump
 3. Little Miss Sunshine
 4. Sound of Music
 5. Big Fish
 6. Ferris Bueller's Day Off
 7. 500 Days of Summer
 8. Mr Holland's Opus
 9. Good Will Hunting
 10. The Pursuit of Happiness
- Dance till you break a sweat. No clubs nearby? Hallways, bedrooms, kitchens and backyards all make good dance floors with the right music and attitude.
- Catch a show at a nearby comedy club.
- Take a break from the nightly news and put down the newspaper. Being in the know is important, but so is your sanity.
- Read an uplifting book or a magazine that isn't focused on body image or buying things.
- Put on some music that lifts your spirits.
- Move your body in a way that lifts your energy - run, swim, take a Zumba class, bike, work in the yard or practice yoga.
- Sing—loudly!