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Scientifically Proven Ways to Increase HAPPINESS



1
SMILING
While thinking positive thoughts

2
SLEEP
More

3
Practice
GRATITUDE

4
HELP
Others 2 hours a week

5
EXERCISE
20 minutes per day

6
GO OUTSIDE
20 minutes per day

7
MOVE CLOSER
to Work

8
Spend time with
FAMILY & FRIENDS

9
PLAN A TRIP
but you don't have to take it

10
MEDITATE to rewire your brain



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