



SESSION 5: THE HAPPINESS FACTOR

Did you know that being happy actually leads to being healthy?

Most people believe that happiness follows being healthy – but really, it's the other way around.

Use this sheet to focus on what happy means to you.

1: HOW CAN YOU BOOST HAPPINESS?

Which idea sounds best to you? Write down your favorite:



2: PHOTO HUNT

Pick 3-4 photos that make you happy & describe them here:



How did you feel when looking at those photos? (e.g. light, warm & fuzzy, energized, etc.)



3: WHAT'S YOUR HAPPY?

What are all the things you can try to increase happiness?



5: WHAT'S YOUR SELF-CARE GOAL?

What's your own personal goal for self-care? (e.g. finding more time for "me" time, improving overall sleep quality, getting in touch with your spiritual beliefs, reducing stress, or developing a more positive mindset)



What's one small step you can take TODAY?



6: WHAT MOVES YOU?

What are some ways that you love to move your body?



7: MAKE A MOVEMENT PLAN

Fill in the blank

I currently spend _____ minutes moving my body intentionally everyday. I already _____ everyday.

I've always wanted to try _____. I will schedule time to try it _____.



SESSION 6: MIND TUNE UP

Use the Wheel of Life for finding your focus and balancing your energy to manage stress, and then refer to this sheet for exploring feelings of depression and how to manage to manage them. Plus, learn about sick days and come up with your own plan for how to handle them.

1: THE LOW DOWN ON FEELING LOW

Which strategies would be most helpful to you when you find yourself feeling low? (circle)

Move more Sleep more Spend time with others Help others Smile Get outside Just breathe Meditate
Practice gratitude Create a routine Try something new Light therapy Vitamins & supplements Depression-fighting foods
Talk it out Other: _____

2: WHAT ARE YOU GRATEFUL FOR?

Write down 3 things that you're grateful for in this moment.



3: SICK DAY PLAN



Check blood sugar every 3-4 hours



Ask your pharmacist about over-the-counter meds



Ask about adjusting insulin dosage



Stay hydrated & eat some carbs

4: BLOOD SUGAR TRIGGERS

What are some things you have noticed that affect your blood sugar?



What can you do to reduce those triggers?



What triggers your triggers?



How have you successfully dealt with those triggers in the past? Or how could you in the future?

