

HOW TO *Clear Your Head*

Go for a walk or take a second to sit by yourself...

NOTICE: sights, sounds, smells, and other sensations

TAKE IN EACH SENSATION: what makes you feel good?

PEOPLE WHO PAY MORE POSITIVE ATTENTION DURING DAILY WALKS OR QUIET TIME REPORT GREATER HAPPINESS. FOCUS MORE ON YOUR SURROUNDINGS AND LESS ON YOUR THOUGHTS!