In these challenging times, the Hi, How Are You Project would like to encourage everyone to attend to their mental health just as we are taking precautions to maintain our physical health. It doesn't require much effort to implement helpful strategies that promote your long term well-being. Here are a few easy daily tasks you can do to elevate your mood, improve energy and keep yourself in good mental health. We call them "Happy Habits."

**Hi, how are you project**

**HAPPY HABITS**

Get Creative

You are what you eat (and drink)

Be Grateful

Practice Mindfulness

Get Moving

Kindness is cool

Get Good Rest

Stand Tall

Find Your Purpose

Hihowareyou.org