



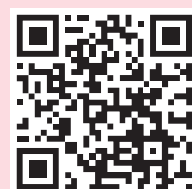
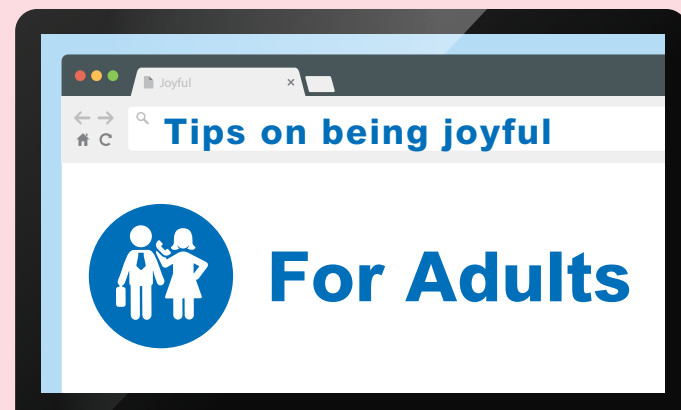
As an adult, it is common to encounter challenges and difficulties from work, family or social relationships etc. It is important for us to have both healthy mind and body to cope with all these adversities.

Looking after your mental well-being is not difficult. Simply add “Sharing”, “Mind” and “Enjoyment” elements into your life to make it healthier, happier and more meaningful.

JOYFUL

好心情@HK

Fun • Feel • Share



Act now! Let “Sharing”, “Mind” and “Enjoyment” bring you the joy. Also make your pledge in Joyful@HK website at <http://www.joyfulathk.hk> and share your joy with others anytime and anywhere you like.



facebook: [fb.com/joyfulathk](https://www.facebook.com/joyfulathk)

Revised in 2019

Sharing

- 1. Share your joy**
Share the good news or positive events happened on you with others. The more people you share with, the better you feel. 
- 2. Be empathetic and offer help**
Actively help or interact with others in a supportive and caring manner. 
- 3. Connect with others regularly**
Spending time with those whom you enjoy being with can make you feel good. You can organise a gathering with friends every once in a while. 
- 4. Spend time with your family members**
Having a better and closer relationship with your family members makes you feel good. 
- 5. Express your feelings and gratitude**
Do not hide your feelings or gratitude. 

Mind

- 1. Reappraise situations in a positive manner**
Infuse positive meanings or values to comprehend situations. Think in a positive way. 
- 2. Pay more attention to yourself**
Monitor your moods and react early. 
- 3. Value and accept yourself**
Everyone is unique and so are you. Learn to value yourself and accept who you are. 
- 4. Set your goals and work it out**
Set different goals that are meaningful and achievable, plan and take steps to achieve your goals. 
- 5. Be grateful**
Treasure the things that you possess instead of complaining about your deficiencies. 

Enjoyment

- 1. Regularly engage in physical activities or mind-body exercises**
Choose whatever physical activities or mind-body exercises that you are interested in and then perform them regularly. 
- 2. Live in the present**
Take notice to and treasure the pleasurable features of the environment around you. 
- 3. Enjoy your private space and time**
Staying alone for some times can make you feel good. 
- 4. Keep learning**
Learn something new that can offer you a sense of achievement and make you feel good. 
- 5. Laughter makes you feel good**
Laughter produces an aerobic effect that is similar to that of doing physical activity. Laughter also makes you feel good and relaxed. So laugh more! 