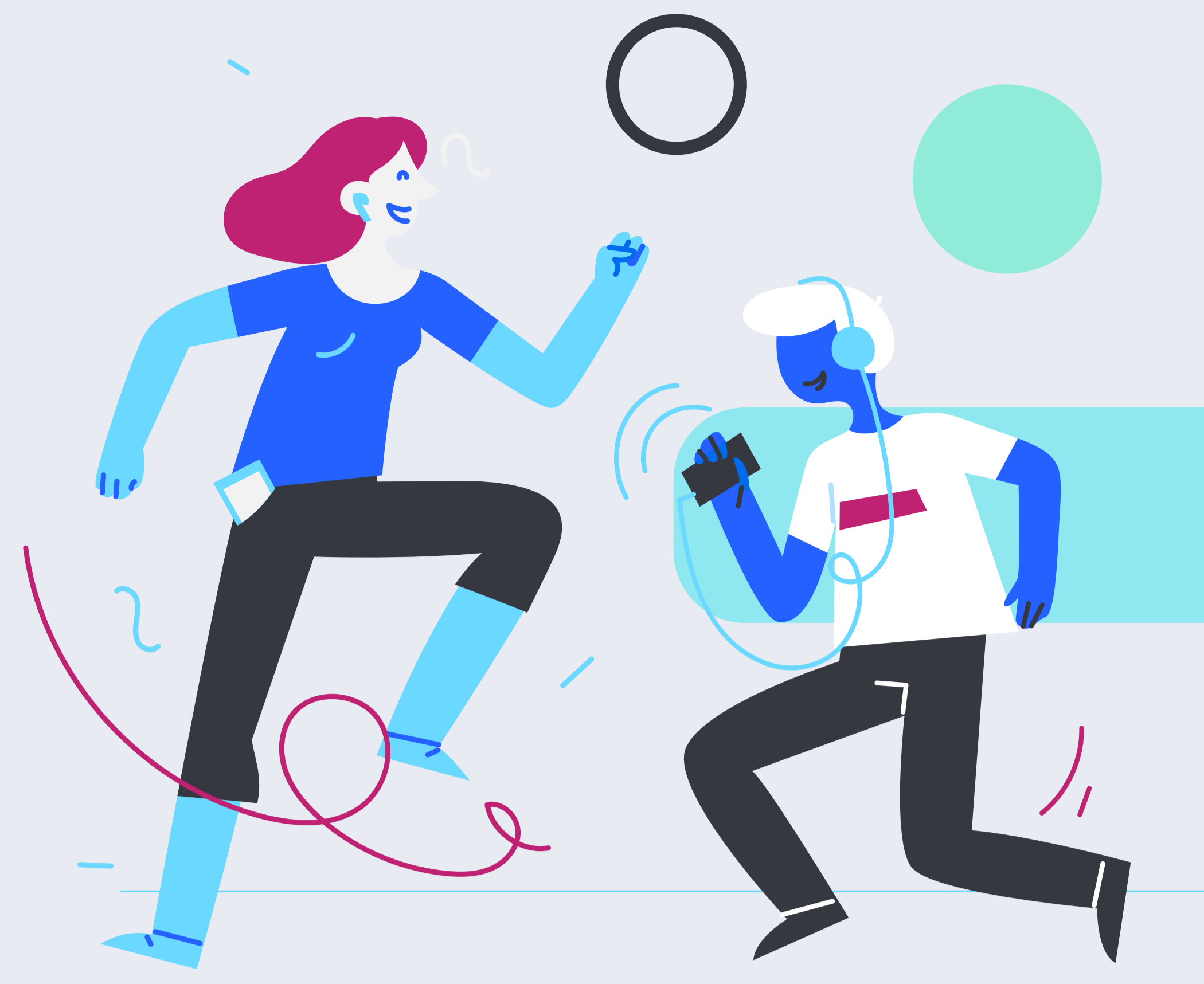


The Free Three:

Simple Daily Actions for Increased Happiness

Take charge of your happiness with the Free Three! These three simple activities are shown to reduce stress and increase joy.



1



Go outside:

Studies show spending time in nature reduces stress hormones, lowers blood pressure, and improves mood. While parks are great, any outdoor space can work. A walk around your neighborhood or coffee on a patio can provide the benefits of being outside.

2



Listen to music:

Upbeat music can elevate your mood and increase energy levels. Choose music you genuinely enjoy, whether it's pop, rock, classical, or anything in between. The key is to find music that makes you feel good.

3



Laugh out loud:

Laughter triggers the release of endorphins, our body's natural feel-good chemicals. This helps reduce stress hormones and promotes feelings of relaxation. Watch funny videos, listen to a comedy podcast, or spend time with someone who makes you laugh — find what makes you laugh the hardest.

Bonus tips: Making the Free Three a Habit

- **Schedule It In:** Treat the Free Three like any other important appointment. Block out time in your calendar for each activity, even if it's just 10 minutes.
- **Start Small:** Don't overwhelm yourself. Begin with shorter durations and gradually increase the time you spend on each activity as it becomes more habitual.
- **Combine Activities:** Whenever possible, try to combine elements of the Free Three. Listen to upbeat music while taking a walk outside, or laugh with a friend while enjoying a coffee on a patio.