

We All Have MIXED EMOTIONS



Calm is a superpower!

Happiness	Anger	Fear	Sadness
Delighted Enthusiastic Fulfilled Joyful Love Merry	Annoyed Cranky Frustrated Furious Irritated Jealous	Anxious Nervous Panicked Stressed Tense Worried	Disappointed Gloomy Heartbroken Hopeless Mopey Upset

Feelings and emotions begin deep inside your brain. From there, they can affect every part of you, from your head to your toes.

Disgust	Happiness	Anger	Sadness	Fear	Jealousy

The magic of happiness

Scientists have proven that happy people benefit from...more happiness!



Because you feel better, you do better.



You move faster—there really is a spring in your step.



You get along better with your friends and family.



Your happy energy is contagious.



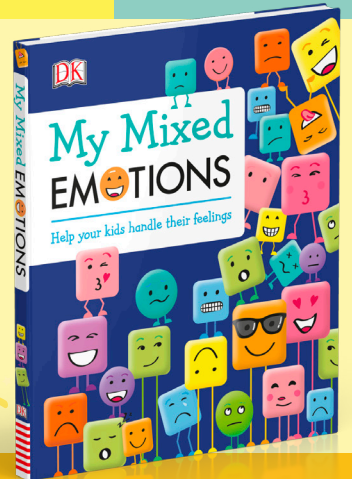
Happiness helps you deal with stress and worry better.



Your body heals faster and is healthier.



You are more generous.



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