

HAPPINESS RECIPECARDS



4 Emotions

There are four basic human emotions: Anger, Sadness, Fear, and Happiness. That means that Happiness is outnumbered 3 to 1. You've got to fight for Happiness! It's never easy, but it is always worth it!

- When you are sad, pause and look for a silver lining.
 - When you are angry, step away and apply logic not emotion.
 - When you are scared, close your eyes and escape to a happier place.
 - When you are Happy, embrace it, share it, and to let it grow.
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- When someone is sad, give them Empathy.
 - When someone is angry, give them Time and Space.
 - When someone is afraid, offer Safety.
 - When someone is Happy, DANCE WITH THEM!



Secret Ingredient:

The best way to combat Sadness, Anger, and Fear is to start doing nice things for others, IMMEDIATELY. Bringing Happiness to others is the fastest way to get yourself back on the path to Happiness.

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