

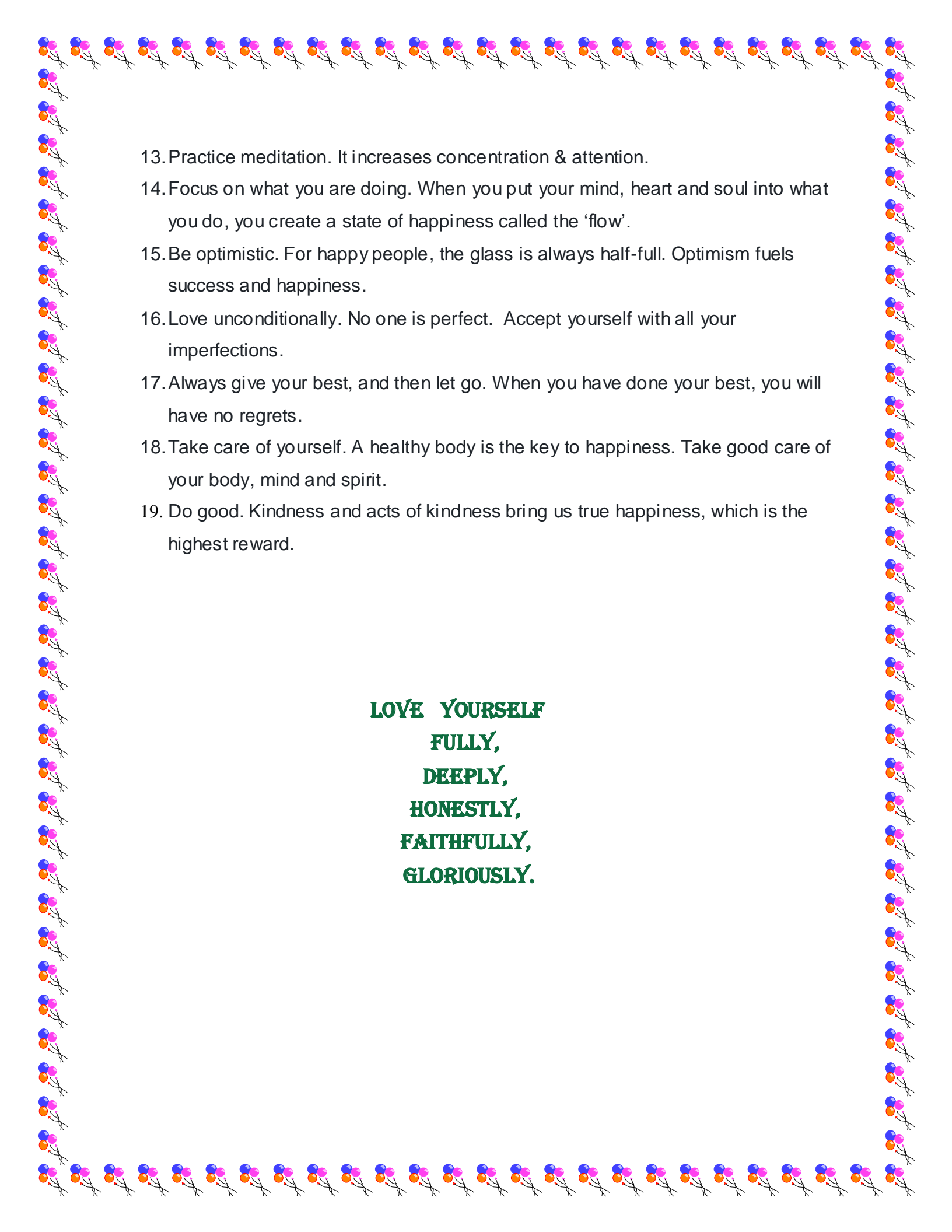


DAV PUBLIC SCHOOL SECTOR-14 GURUGRAM
"DAV WELLNESS"
Monthly Health Newsletter (April -2019)

Dear Students,
Welcome to the new class!
Congratulations for your good result!

20 MAGICAL HABITS FOR 2019

1. Be grateful. Slow down, look around you, and pay attention to the little details in your life.
2. Choose your friends wisely. If you want to be happy, choose to be around people who are optimistic.
3. Cultivate compassion. When we try to understand a situation from another's perspective, we are more likely to handle the situation with compassion and understanding.
4. Keep learning. Learning keeps us young and dreams keep us alive.
5. Become a problem solver. Happy people are problem solvers. They face up to the challenge and channelise their energies toward finding a creative solution.
6. Do what you love. Since we spend over one-third of our lives working, what we do has a huge impact on our overall happiness.
7. Live in the present. When you feel content, happy and peaceful, you are living in the present.
8. Laugh often. Laughter is an antidote to anger and depression.
9. Practise forgiveness. When you forgive, you are actually practising kindness to yourself.
10. Say thanks often. Be grateful and appreciative of the blessings in your life.
11. Create deeper connections. Our happiness multiplies when we connect and bond with others at a deeper level.
12. Make resolutions. Our self-esteem is built on the goals we set for ourselves. High self-esteem has a direct correlation to happiness.

- 
13. Practice meditation. It increases concentration & attention.
 14. Focus on what you are doing. When you put your mind, heart and soul into what you do, you create a state of happiness called the 'flow'.
 15. Be optimistic. For happy people, the glass is always half-full. Optimism fuels success and happiness.
 16. Love unconditionally. No one is perfect. Accept yourself with all your imperfections.
 17. Always give your best, and then let go. When you have done your best, you will have no regrets.
 18. Take care of yourself. A healthy body is the key to happiness. Take good care of your body, mind and spirit.
 19. Do good. Kindness and acts of kindness bring us true happiness, which is the highest reward.

**LOVE YOURSELF
FULLY,
DEEPLY,
HONESTLY,
FAITHFULLY,
GLORIOUSLY.**