

2022 MARCH International Day of Happiness



What is Happiness?

According to Very Well Mind, "happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfillment."

Happiness isn't about pushing away other emotions, but pursuing and embracing things that guide you towards those positive feelings happiness brings.

Take some time to think about it,
what makes **YOU** happy?

Do you enjoy spending quality time with family & friends? Do you love cooking? Do you crave adventure? The options are endless, but only you know the answer!

International Day of Happiness March 20, 2022

Celebrate this joyous day by doing activities that bring you happiness!

Volunteering Benefits

Volunteering not only benefits the community and those in need, but also the volunteer! Research shows when you spend time volunteering there are positive boosts in overall well-being and happiness. There's a variety of ways you can volunteer! Consider looking into options in your local area or head to **[volunteermatch.org](https://www.volunteermatch.org)** to learn about additional opportunities.

Source: The Washington Post www.washingtonpost.com/lifestyle/2020/07/29/volunteer-happy-mental-health/

February's Heart Healthy Recipes

Click on the link below to see the great heart healthy recipes submitted by our employees!

<https://www.cretex.com/heart-healthy-recipes/>

FEATURED ACTIVITY

Share a description of something you do to find happiness! Scan the QR code or type in the link below to be brought to the Microsoft form for this activity. Once you've completed this, you will be eligible for this month's incentive!

<https://forms.office.com/r/iQgxycEwTp>

