

# Picture a Happier You



Photography is a form of creative self-care that can lead to many health benefits — it can help you improve your mental health, build connections with others, achieve more mindfulness and be happier overall.

Grab your camera or smartphone and start taking photos that inspire you, bring you joy and capture new memories. Try a few (or all) of the ideas below. If you'd like, share your photos on social media and/or with your colleagues and loved ones through the [\*\*Global Well-Being Community\*\*](#).

## Take a photo of:

### Healthy habits you're starting or maintaining

- A picture of yourself or your team after physical activity (run, yoga, bike ride)
- A wearable device to celebrate the number of steps you achieved for the day
- A meal you've cooked recently

### Nature

- The sunrise or sunset
- The biggest (or oldest) tree in your neighborhood
- A cloud – and caption it telling us what it looks like to you

### Family fun

- An activity you do with your family
- A pet
- A childhood photo of yourself

### Activities that are part of your daily routine

- Your morning cup of coffee or tea
- To-do list for the day
- Your workspace / desk

### A special someone who

- You love
- You miss
- You admire

### Ways you're protecting the planet

- Something you're going to recycle
- A garden or tree you've planted
- A time when you substituted your car for a bike ride

### Things that bring you joy

- Something you find beautiful
- Something that makes you happy
- Your motivation to be well

### Ways you spread kindness and gratitude

- A kind note you've written for yourself or someone else
- What you are most grateful for today
- A volunteering event

### Something else that

- You're learning
- You made by hand
- You're saving

### Your favorite

- Healthy snack
- Place to relax
- Quote
- Movie
- Book
- Vacation spot
- Song
- Piece of artwork or decoration
- Holiday photo
- Recipe
- Childhood toy or game

Sources: [\*\*Science Daily\*\*](#)