

NATURAL HIGHS

BETTER - SAFER - CHEAPER

The same 'Feel Good' Endorphins without the Cost to your **H**Health, **W**ealth and **H**appiness

- Achieving a goal
- A memory that makes you smile
- Compliments; giving and receiving
- **Dancing**, singing, listening to music
- Fresh starts, forgiving and being forgiven
- Giggling with a friend
- Giving a gift and enjoying the reaction
- Hearing a song that brings back happy memories
- **Holding hands, hugging**
- Hot showers
- Cuddling a pet
- Knowing that you're safe and cared for
- **Laughing** until your face hurts
- Laying in the sun
- Playing a sport or exercising
- Running through sprinklers or in the rain
- **Swimming** in the ocean (river, lake, pool)
- Sunsets and sunrises
- **Taking a deep breath** of fresh air
- Talking to someone who cares
- Waking up feeling great (getting enough sleep)
- **Walking** on the beach with bare feet

Life is a gift, live it well, make GOOD CHOICES.

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