

The Five Secrets to Deep Happiness

1. Be Aware -

Awareness Supports Change not Insight

2. Change your Nervous State -

Your Nervous State Dictates your Narrative

3. Connect with Nature -

through sight, smell, sounds, touch or taste

4. Find Safe People or Animals -

Foster Safe Relationships for Wellbeing

5. Do Something and Notice -

*Experiencing and Experimenting
Changes your Brain, Body & Being*