

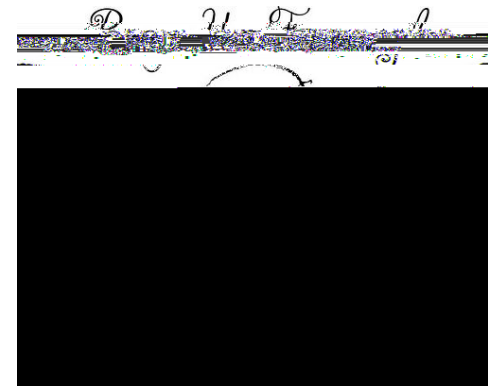
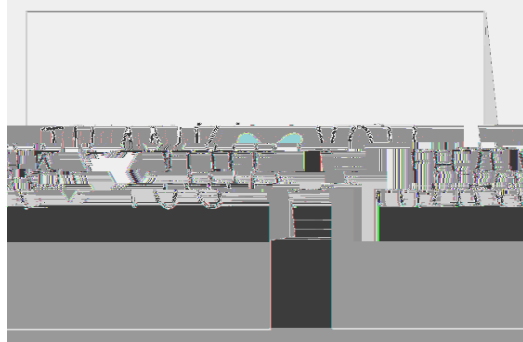
Psychology Month

Change how you **interact**, change how you **feel**

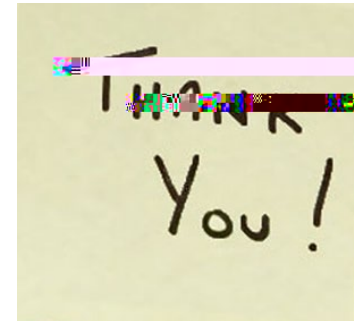


www.dpcdsb.org/psychology

DPCDSB Psychology Department



Change how you act - Change how you feel



The power of a smile

Change how you act - change how you feel

- Did you know that the simple act of smiling can help to...
 - Lift your mood
 - Lengthen your life
 - Improve your health and happiness
 - Fight off stress
 - Relax your body
 - Relieve pain
 - Improve the mood of those around you



Challenge yourself to smile more often!



Pay it forward

Change how you act - change how you feel

- Acts of kindness can elicit positive feelings for the receiver *and* giver
- When we do good we feel good plain and simple!
- If you receive an act of help, you are more inclined to help others
- *Challenge yourself* to add random acts of kindness into your weekly routine. For example, let in a car during traffic, buy coffee for someone in line, compliment a stranger, pass on a parking voucher

It starts with you! Yes, YOU!



Focus on gratitude

Change how you act - change how you feel

- Gratitude is a thankful appreciation for what an individual receives
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