

In the pursuit of a fulfilling life, happiness is a goal for many. However, happiness is not an isolated

overall physical and mental health. By understanding and nurturing the links between your health and happiness, you can be on your way to an enriched and balanced life. Adequate and regular sleep positively influences mood, cognitive performance and emotional resilience.

When you nurture your mind, happiness can flourish. Consider these tips for building your emotional resilience and a positive mindset:

you joy and relaxation. Mindfulness practices can also reduce anxiety and improve focus.

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Physical health forms the foundation upon which happiness thrives. When your body functions optimally, so can your overall sense of well-being. Consider the following strategies to optimize your physical health:

Engaging in physical

natural feel-good chemicals, which elevate mood and reduce stress and anxiety. Exercise also boosts energy levels.

A balanced diet fuels the body and mind. Fruits, vegetables, whole grains, lean proteins and healthy fats provide nourishment to support cognitive function and emotional stability. The U.S. Preventive Services Task Force (Task Force) now recommends that adults under the age of 65 get regularly screened for anxiety. For the first time, the Task Force recommends screening all adults under