You don't have to see the whole staircase, just take the first step.  - Martin Luther King Jr.

Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.

Track gratitude and achievement with a journal - include 3 things you were grateful for and 3 things you were able to accomplish each day.

Check up on your mental health. Take a screen at www.mhascreening.org. It's free, anonymous, and confidential.

Set up a summer get away. It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!

Work your strengths. Do something you're good at to build self-confidence, then tackle a tougher task. You've got this!

Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60˚ and 67˚F.

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Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.

Show some love to someone in your life who you hold dear. Close, quality relationships are key for a happy, healthy life.

Boost brainpower by treating yourself to a couple pieces of dark chocolate - it's linked to improved alertness and mental skills.

If you are living with a mental illness or in the recovery process, visit www.mentalhealthamerica.net/feelslike. Remember - you're not alone!

Sometimes, we don't need to add new activities to get more pleasure. We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.

Feeling anxious? Channel your inner child and do some coloring for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect.

Take time to laugh. Hang out with a funny friend, watch a comedy or check out goofy videos online. Laughter helps reduce anxiety.

Go off the grid. Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.

Dance around while you do your housework. Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body's "feel-good" chemicals).

Feeling tired? Go ahead and yawn. Studies suggest that yawning helps cool down your body. People who forgive have better mental health and report being more satisfied with their lives.

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