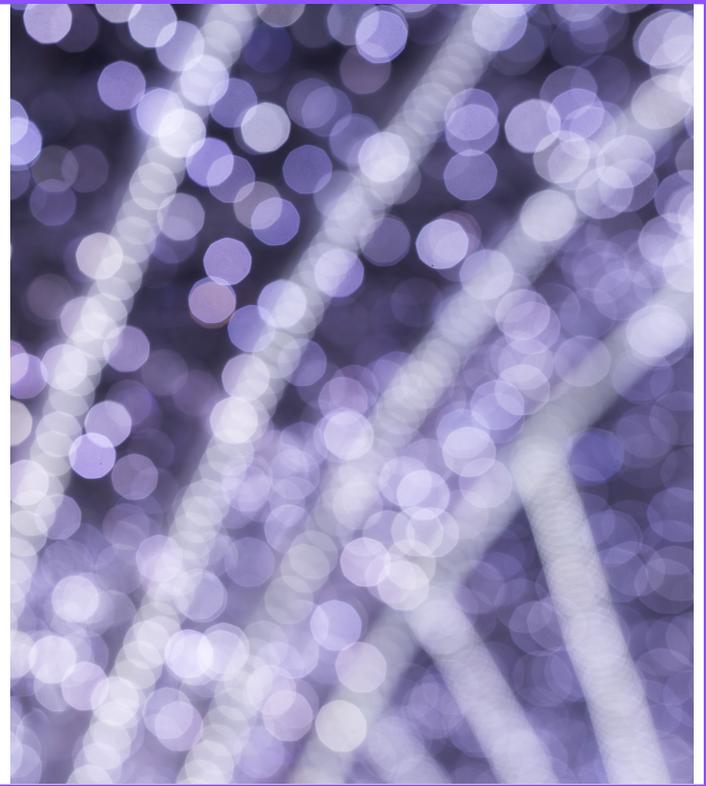


Be Happy

STOP AND BE IN THE MOMENT

Be happy in the
moment,
that's enough.
Each moment is
all we need,
not more.
-Mother Teresa



Halfway to Christmas ...if the stress is cranking up it is time to STOP and look around. There is always going to be more to do, more to buy, more to prepare so just stop and start enjoying the moments. More than anything, we want each other to be happy so start with you and watch the infection! Smile more today, laugh more, rest more, be in the moment more. As part of our positive habits for our awesome 2022, being happy in the moment is a huge addition to your positive mental wellbeing.