

# Boost your wellbeing

## What the science says

- Notice your accomplishments
- Try something new

- Get into the *Flow*
- Spend time immersed in getting better at what you love doing

- Do more of what makes you happy
- Make time for activities that you enjoy

- What is important to you?
- Purpose is why we do what we do

- Connect with people on board
- Nurture relationships at home

