

# Hormonal Happiness

## "Big Rocks"

### Your Actions

STRESS MANAGEMENT (BOTH  
HISTORICAL AND CURRENT)



CLEAN UP YOUR DIET AND  
IMPROVE HYDRATION



IMPROVE YOUR SLEEP HYGIENE



MOVE MORE/IMPROVE MUSCLE  
MASS



# Hormonal Happiness

## "Big Rocks"

### Your Actions

DEAL WITH CLUTTER - CLEAR SPACE



REST - INCLUDE RESTORATIVE RELAXING ACTIVITY



ADD MORE "FUN" TO LIFE



INCREASE ME TIME

