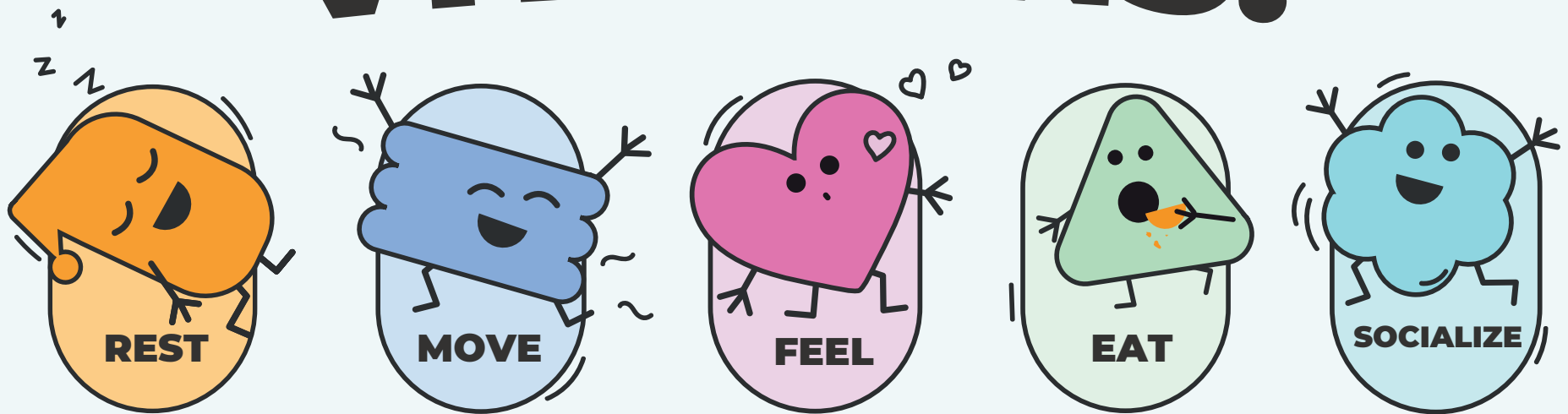


# TAKE MENTAL HEALTH VITAMINS!



There are many positive emotions in our daily activities. We just need to remind ourselves to take note of them and to train our mind to regularly FEEL GOOD!

relaxation, balance, peace of mind, calmness, liveliness, arousal, excitement, comfort, feeling good, acceptance, pleasure, enjoyment, bliss, euphoria, ecstasy, wonder, surprise, safety, bravery, courage, foolhardiness, curiosity, temptation, enticement, interest, will, lust, desire, urge, passion, devotion, rested, active, momentum, fervour, vim, zeal, gumpious, spry, busy, eager, enthusiasm, wellbeing, satisfaction, pleased, glad, thankful, joyful, elated, happiness, moved, awe, elation, bliss, optimism, hope, decisive, consistent, steadfast, sturdy, bold, faithful, self-worthy, confident, honour, dignity, pride, superiority, attentive, cordial, sympathy, caring, respectful, reverence, esteem, admiration, support, friendship, closeness, warmth, attraction, infatuated, amorous, tenderness, fondness. affection, love, carefree, careless, relief, sly, mischievous, perky, trust, uniformity, unity, belonging, solidarity, patriotism, nationalism.

