

Happy at Home...at least for now

Best Practices for Happiness and Efficiency during COVID-19

*This is a conceptual graphic. Each circle includes a **sensible practice** that leads to a **HEALTHY OUTCOME** (in all caps). The circles represent connected constructs that contribute to good mental and physical health. Of course, the connections are more complex and web-like than this graphic illustrates. Think about the specific behaviors that you can start today that will contribute to your happiness at home, both today and tomorrow.*

