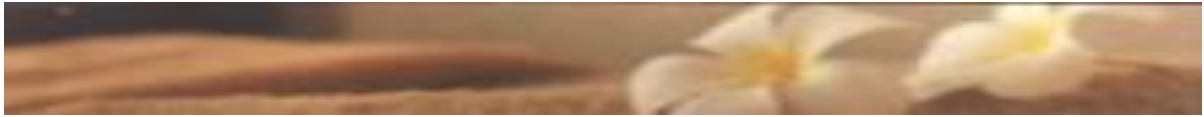


One Stop Therapy Shop

540 Dundas St East, 2nd Floor, Whitby

905-244-5513



10 SCIENTIFIC WAYS TO BE HAPPY

meditate
rewrite your brain

practice smiling

sleep more

plan a trip, but don't take it

practice gratitude

spend time with family and friends

help others
2 hours a week

move closer to work

exercise at least 7 minutes

go outside, especially at 13.9 °C