

Prescription for Health & Happiness

A dose of joy and se	elf-comp	passion / /
Provider: Dr. LEVE HASS		Date: 3/20/2021
Prescribed to: Suzie S.		
R. sprend the live	R	Take a few deep breaths
IX opening the		Call an old friend
/	×	Give someone a hug
watch a sunset		Help a friend in need
	X	Write a thank you note
		Sing in the shower
		Dance to your favorite song
1 11-		Go for a walk in a beautiful place
CNUM	D	Forgive someone
Refills: 1 2 3 4 XAs Needed	K	Talk to yourself with a kinder voice

Prescription For Robust Health

John Skorusa, Jr.

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