

# your journey to happiness

STAY ACTIVE

CONNECT  
WITH OTHERS

LIMIT  
SCREEN TIME

PRIORITIZE  
SLEEP

SEEK  
HELP  
WHEN NEEDED

MAINTAIN  
BALANCE

PRACTICE  
MINDFULNESS

EVERY STEP YOU TAKE  
TOWARD MENTAL WELLNESS  
LEADS TO A HAPPIER,  
HEALTHIER YOU



SCAN HERE TO  
JOIN THE  
CONVERSATION



Alpha Chi Omega



PI KAPPA PHI



Sigma Nu Fraternity



ZETA TAU ALPHA