



**Health Solutions
Support Systems
Available in Pueblo**

**Are you feeling
overwhelmed with anxiety,
fear and uncertainty?**

Give Health Solutions a call. Our
phones lines are open 24/7/365.

VISIT

Health Solutions
Crisis Living Room
1310 Chinook Ln.
Pueblo, CO 81001

CALL

Health Solutions
Crisis Services
719.545.2746



STATE HOTLINE

Colorado Crisis Services
1.844.493.8255

OR TEXT

Colorado Crisis Services, text
TALK to 38255

30 day happiness challenge

- 1 clean the bed sheets
- 2 listen to music from your younger years
- 3 meditate
- 4 treat yourself to some flowers
- 5 compliment someone & yourself
- 6 dance like no one is watching
- 7 take yourself out for lunch
- 8 do something creative
- 9 take a relaxing hot bath or shower
- 10 create a pinterest board full of things you love
- 11 bake a cake
- 12 go for a walk
- 13 call a friend
- 14 read a book
- 15 learn something new
- 16 try something new
- 17 help someone
- 18 start a journal
- 19 yoga
- 20 up-level something
- 21 celebrate every win
- 22 exercise
- 23 cook from scratch
- 24 make a fancy breakfast
- 25 listen to the birds
- 26 tidy a room in your home
- 27 visit somewhere new
- 28 watch the sunrise
- 29 eat healthily
- 30 have a PJ day

Flyer prepared by Courtney Woodka,
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Image courtesy of <https://captivatingcrazy.com/>
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**Visit our website for more tips
on stress relief: www.Health.Solutions**