



*Let's  
create  
a **HEALTHY**  
ESPOO  
together*

[www.espoo.fi/healthyespoo](http://www.espoo.fi/healthyespoo)

 Hyvinvointia Espoossa

 @EspooEsbo



# HEALTHY ESPOO



Closer human interactions and relationships have an even greater effect on health than lifestyle. Love, affection and social relationships support a good life.

Do things that create good feelings. They don't have to be very big things. Even small everyday acts can change your life positively and help you to feel well and live well.

## FIVE WAYS TO LIVE BETTER AND LONGER

**Add quality and good years to your life:**

### I AM PART OF A COMMUNITY

Connecting with other people is a cornerstone of a good life. Create and establish connections at home, work, school and in your local community. Share your joys and sorrows with others daily - a trouble shared is a trouble halved, and a joy shared is a joy doubled! It is important to put time and effort into building and maintaining good interpersonal relations every day.

### I ENJOY EXERCISE

Step outside to get some fresh air, go for a walk or cycle with a friend. Do a dance, enjoy a game with friends, or take a deep dive. Find a physical activity that suits you best, and enjoy the great feeling it gives you.

### I LIVE IN THE MOMENT

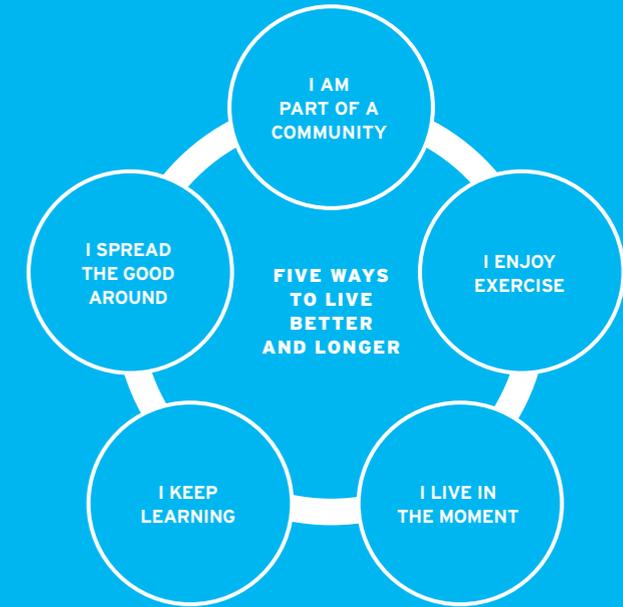
Be curious - experience the world with all your senses. Notice the changing seasons, the sunset and the flora and fauna all around you. Live in the moment, wherever you are. Be aware of your feelings and learn to live with them. Share your experiences with others.

### I KEEP LEARNING

Try something new - it's never too late! Knit, fix something, learn to play an instrument or cook. Rediscover an old interest or do something new with your hands. Set a challenge, and enjoy fulfilling it. Learning new things is refreshing and makes you more confident.

### I SPREAD THE GOOD AROUND

A smile and a thank-you will brighten up anyone's day. Do something nice for a friend or a stranger. Devote some time to friends or to volunteer work. Look around you: good deeds increase happiness, both for others and for yourself.



## HAPPINESS IS FOUND IN DAILY LIFE

Most of life is everyday life: many days feel the same, and are filled with familiar routines. This makes it all the more important to find joy in the small moments of everyday life. The best moment of the day is now!