

RESET IT'S A NEW DAY

THINK POSITIVELY

WORK PRODUCTIVELY

EXERCISE DAILY

EAT HEALTHY

RELAX MORE

LAUGH LOUDLY

HAVE FUN

BE HAPPY

SHARE LOVE

LIVE WELL

16.0345



[FOH.hhs.gov/RESET](https://foh.hhs.gov/RESET)
GET STARTED NOW