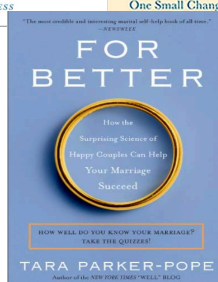
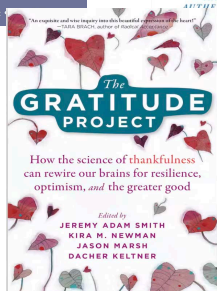
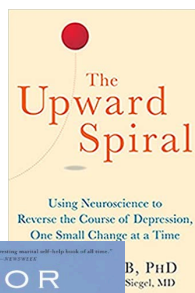
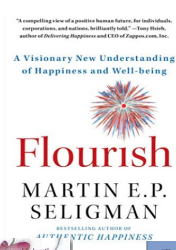
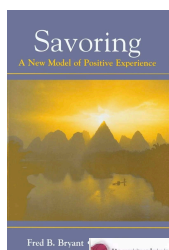
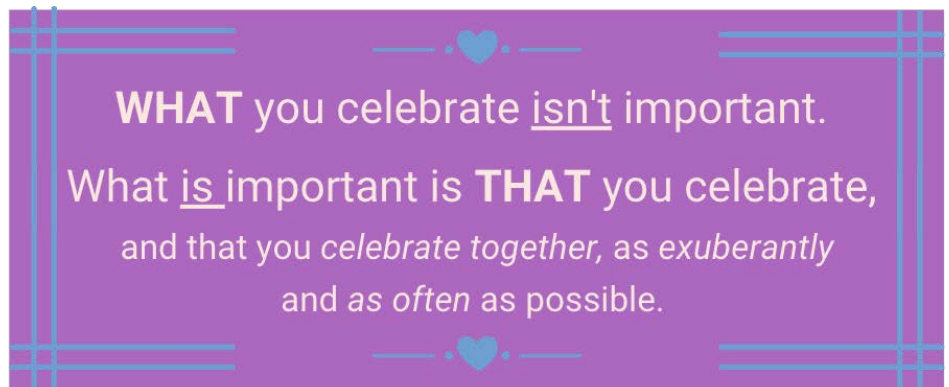




COUPLES CELEBRATION WALKS

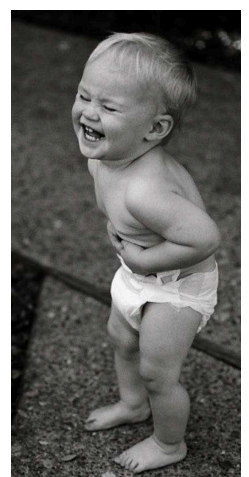
How to make good feelings stronger and last a lot longer

Warm greetings. I'd like to introduce **COUPLES CELEBRATION WALKS**. These are 20-30 minute walks you take with your partner one or more times each week. During these walks, you'll take turns celebrating good things, one thing at a time. Don't worry if you can't think of anything major to celebrate. It turns out, **WHAT** you celebrate isn't important. What **IS** important is **THAT** you celebrate, and that you celebrate together, as exuberantly and as often as possible.



Just follow the simple instructions on the next page, and you'll be on your way to a healthier brain, a happier outlook, and a more satisfying and resilient relationship.

Enjoy, Betsy





COUPLES CELEBRATION WALKS

- Schedule weekly CELEBRATION WALKS. The best way is to start a "same time, same day" habit, so you don't forget or double book by mistake.
- Take a 20-30 minute walk together while taking turns saying, "*I want to celebrate...*" Each time you do this, fill in the blank with something different. Remember: **What** you celebrate doesn't matter. What matters is **that** you celebrate, and that you do so with gusto!
- To "celebrate with gusto" means getting your whole body into it. Ham it up. Take a bow. Breathe it in. Amplify good feelings by lingering on them for at least 20 seconds. (It takes that long for positive feelings to fully register.) I have a little ritual I always do to get my body into it. After I say, "I want to celebrate something," I say "Arms up!" and throw both arms in the air. (That's what I'm doing in the photo on the previous page.) Over time, the gesture will be enough to trigger good feelings—without any verbal prompting.
- Celebrating is a physical experience. The act of celebrating feels good because it changes both our brain chemistry, as well as the way good news travels through the electrical circuits of the brain (called neuro-pathways).

“The act of celebrating feels good because it changes both our brain chemistry, and the way good news travels.”

- When we celebrate with others, our brain dishes up an intoxicating brew of feel-good chemicals: serotonin (mood booster and mood stabilizer), oxytocin (love, connection, bonding), dopamine (reward circuit, pleasure pathway), endorphins (pain and stress relief). And if that wasn't enough, celebrating also rewires our neural relay system by increasing the speed and intensity of positive messages. I've been doing CELEBATION WALKS for almost two decades. I keep doing them because they really work. I hope you'll do the same. *Betsy*