

The background features a large, soft watercolor splash in shades of green and teal. In the top right corner, there is a bright yellow sun with radiating lines. The corners are decorated with abstract, rounded shapes in muted colors like brown, orange, and teal. The text is centered over the green watercolor area.

WAYS TO

*Turn Up The
Sunshine*

- SONG OF THE YEAR 2023 -

1. Make
someone's

day...

Turning up the sunshine means holding the door for someone, saying 'please' and 'thank you', or just saying kind words. doing these little actions means you are making someone's day. It means you are changing the way this person might be feeling.



2. Make sure you *Smile*

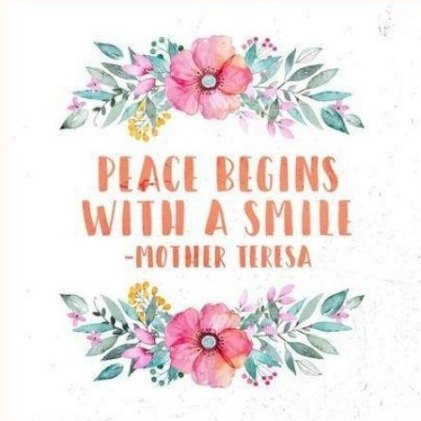
Turn to the person next to you and **smile**.

Now, what happened?

It didn't take any effort, did it?

Did it hurt?

Of course not! in fact, it was **the opposite**. So next time you notice someone unhappy, **turn that frown upside down!**



3. Spread Positivity

Put your hand up if you heard the phrase 'Be Positive'. A familiar phrase, right? You hear it all the time! **Be positive be resilient and persevere.** But have you ever wondered how it might feel to **jump-start someone else's feeling of positivity?** Not only does it make someone feel a **world of difference,** it also makes you feel **amazing.**



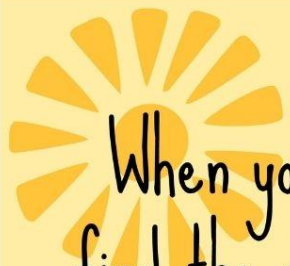
TAKE A MINUTE TO READ THESE...



"Wherever you go, no matter what the weather, always bring your own sunshine."

– Anthony J. D'Angelo, author

TOTALWELLNESS



When you can't
find the sunshine,
be the sunshine!

southern  HONEY
boutique



a little spark of
KINDNESS
can put a
colossal burst of
SUNSHINE
into someone's day

**REMEMBER: TURN UP THE SUNSHINE
AND**



One last thing: Be
kind... it doesn't cost
anything.



A large, circular watercolor splash in shades of light orange and peach, centered on a light beige background. The splash has a soft, textured appearance with varying tones of orange.

*Thank
you*

A cluster of decorative brush strokes in the top-left corner, featuring shades of brown, orange, and teal.A cluster of decorative brush strokes in the bottom-right corner, featuring shades of brown, orange, and teal.