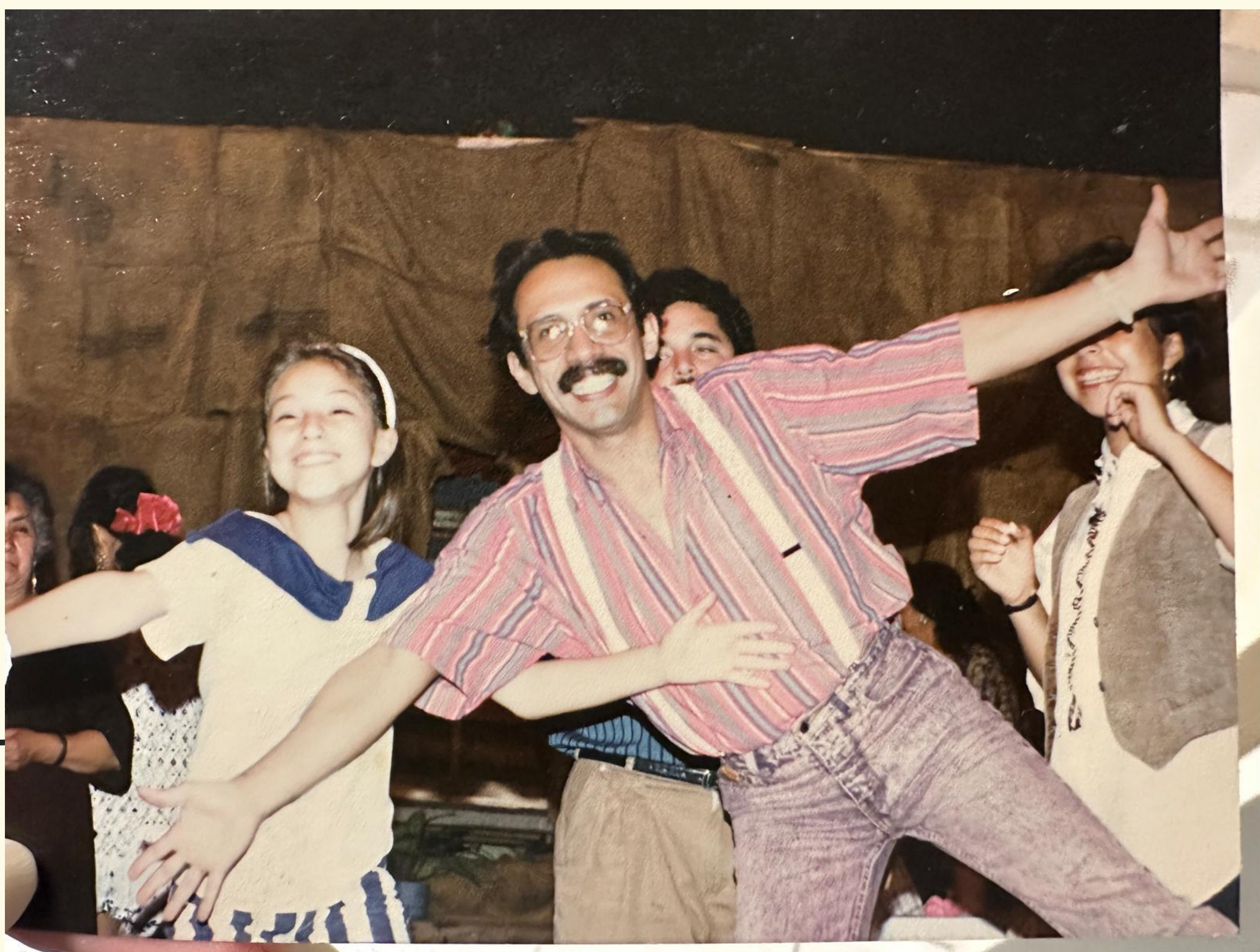




Cristina España



My story



Cristina
España



Cristina
España



Cristina
España

♡
—
NC

Why are we here?

A path to

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Happiness



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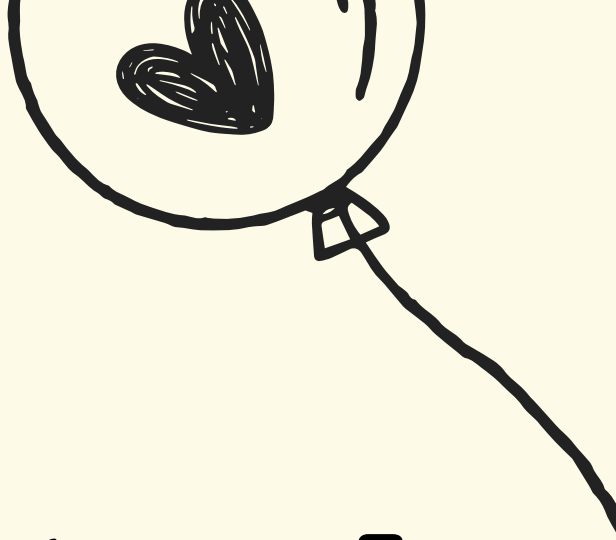


Happiness in the face
of adversity is hard
because it requires us
to build a five in the
pouring rain.



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Picture by Aaron Sánchez-Guerra



Happiness is a complex, subjective state of well-being encompassing joy, contentment, and a sense of purpose rather than just fleeting pleasure. Key components include emotional, evaluative (life satisfaction), and eudaimonic (meaning) dimensions. It plays a crucial role in mental health by promoting resilience, improving immune function, and reducing stress.

♡
—
NC

El Futuro

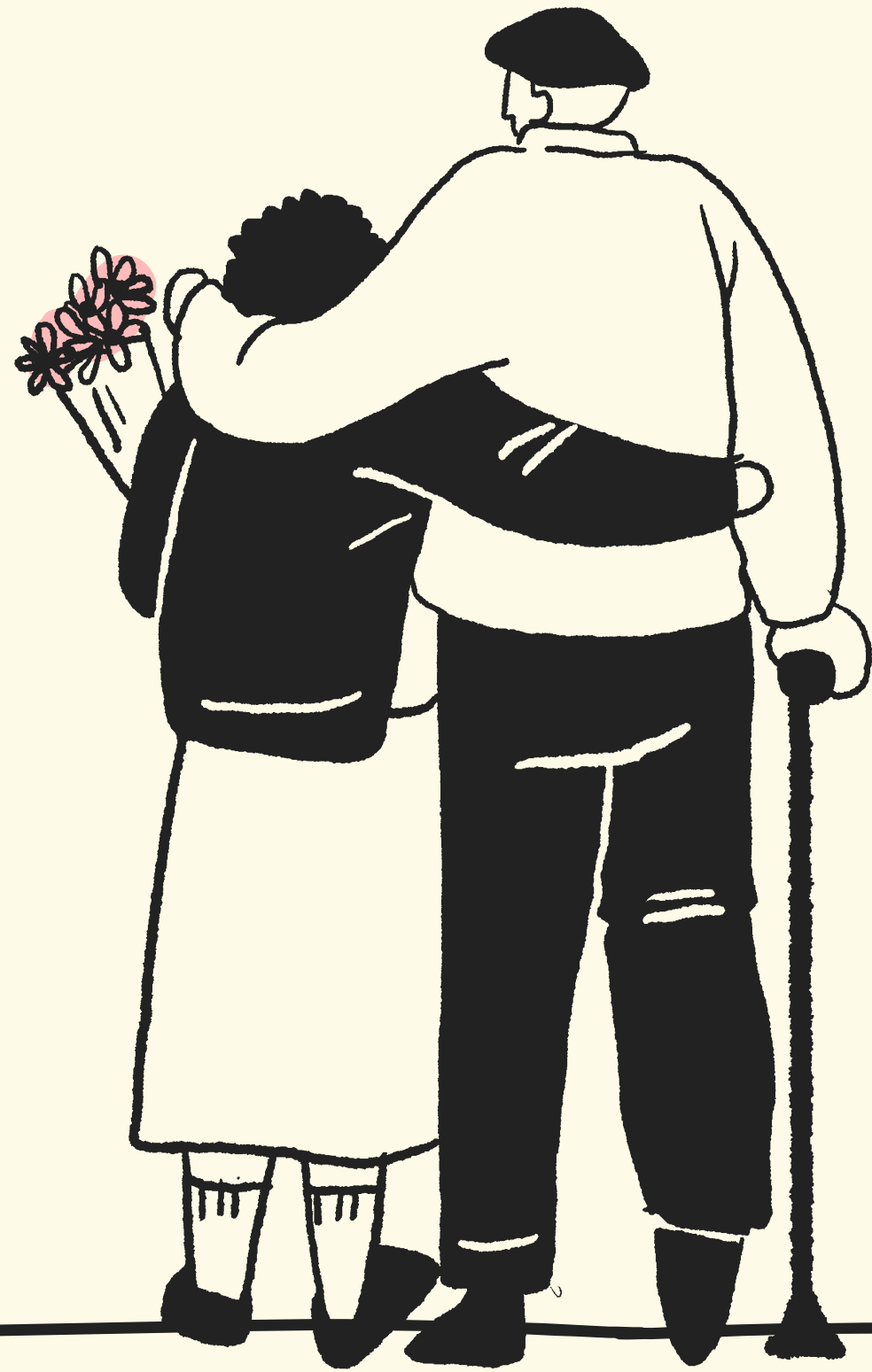


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Immigrant Mental Health Solidarity Network



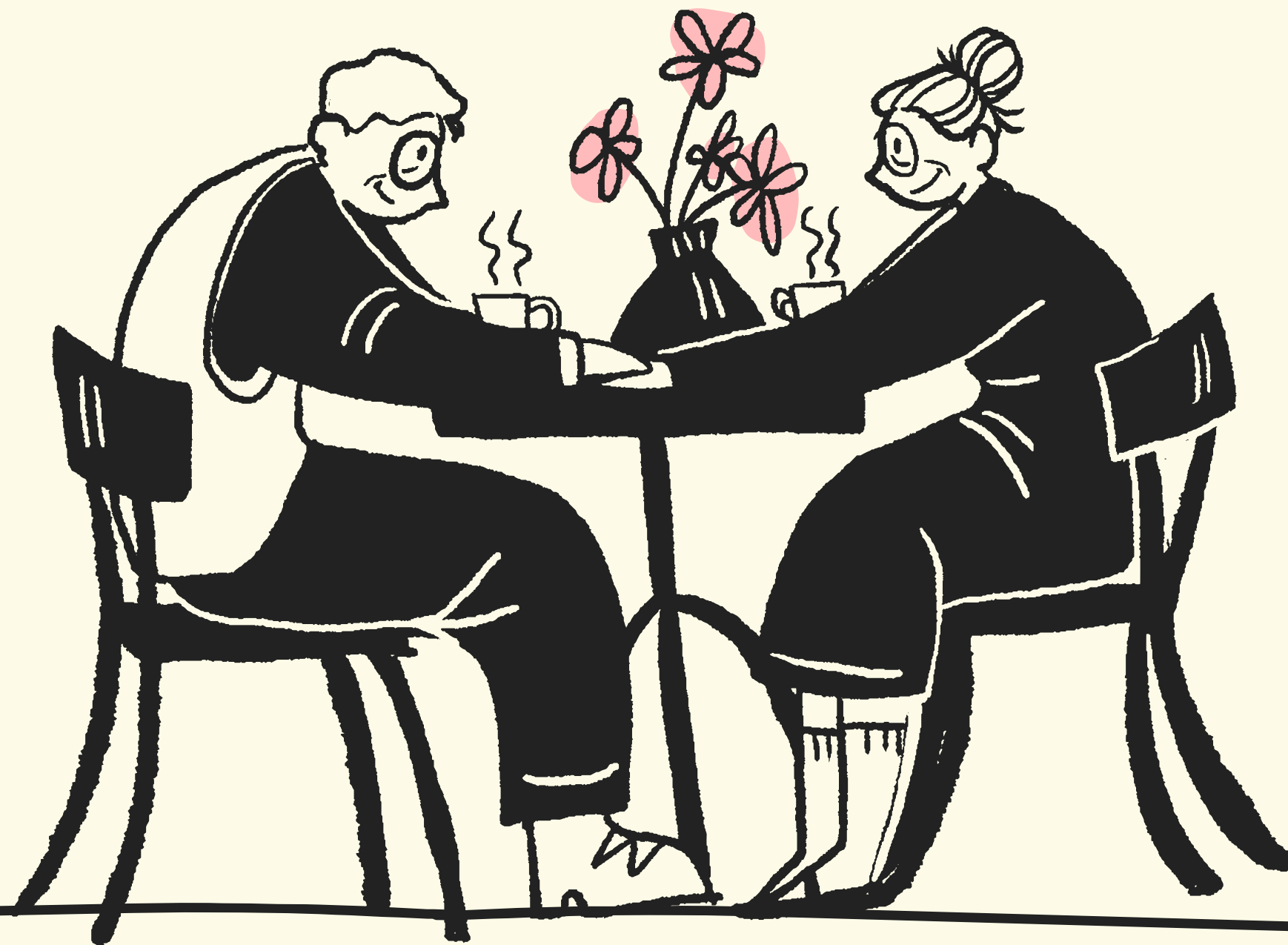
SOLIDARITY



Lets do a Recap
CRECER

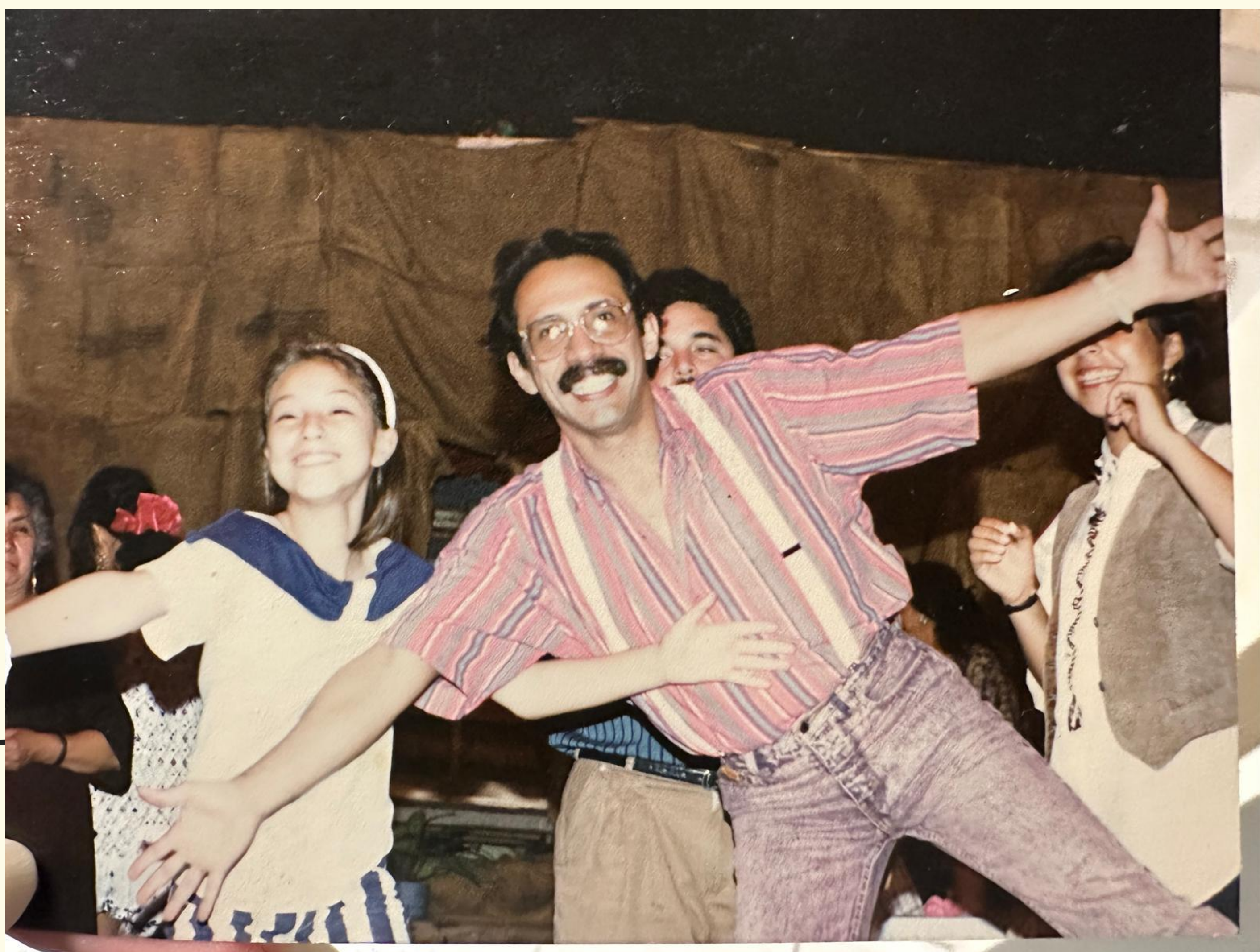
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JUNTOS
Thousand of steps



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