

## EMPLOYEE ASSISTANCE PROGRAM

# WAYS TO BOOST YOUR HAPPINESS

We all have the potential to increase our personal happiness and sense of well-being. While no one can escape stresses, crises, and even tragedies in life, it's possible to maintain a positive outlook and practice healthy ways to cope with adversity.

Try these simple strategies to boost your happiness:

- **Make a habit of practicing gratitude at least once a week.** Studies show that reflecting on what we're grateful for improves our quality of life. Keep a gratitude journal and write three things every day for which you feel grateful and why.
- **Perform acts of kindness.** It can be sending a note of appreciation to a friend, letting someone cut in front of you in line, or helping an elderly person carry their groceries. You might be surprised at how good it makes you feel.
- **Get physically active.** Exercise reduces stress and relieves anxiety and depression. Being out in nature can also lift your mood.
- **Be good to yourself.** You'll be healthier and happier if you treat your body well. Get enough sleep, eat nutritious foods, and learn ways to manage stress, such as meditation and relaxation exercises.

