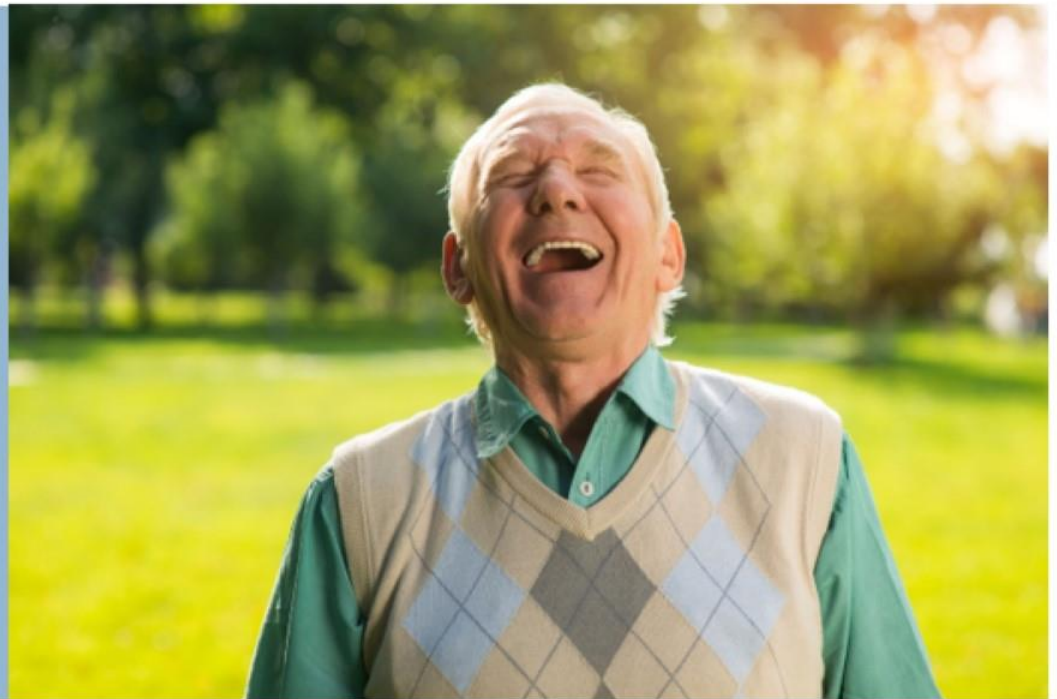


WAYS TO BOOST HAPPINESS IN EVERYDAY LIFE



WHAT IS HAPPINESS?

What is your definition of happiness?



LAUGHTER

- Increases relaxation
- Reduces muscle tension
- Reduces blood pressure & heart rate
- Boost immune system



NUTRITION



Eating mindfully means being aware of what you are feeding your body and how that food makes you feel.

MOOD BOOSTING FOODS

- Incorporate these foods into your diet for natural mood lifters
 - Salmon
 - Dark chocolate
 - Berries
 - Dark, leafy greens
 - Almonds



EXERCISE



Releases the “feel good” hormones that reduce stress and depression.



GETTING PHYSICAL TO BOLSTER HAPPINESS



- 30 minutes of moderate-intensity exercise a day
- If you are having a moody moment, just 10 minutes of exercise will help
- Do your favorite yoga poses or stretches for 10 minutes

APPS FOR HAPPINESS

- Happify
 - Games, coping skills
- SuperBetter
 - Building resilience
 - Yolife
 - Personal coach for longevity



WORKSTYLE

- Time management
- Ergonomic office
- Understand your unique style



OPT OR OPTIMISM



- Find a role model
- Practice positive self-talk
- Accentuate the positive

THE COMPANY WE KEEP



- Everyone has different needs for social interactions
 - Extroverts
 - Introverts
 - Every level of social needs is okay!
- Surround yourself with people who bring you joy, not stress or anxiety



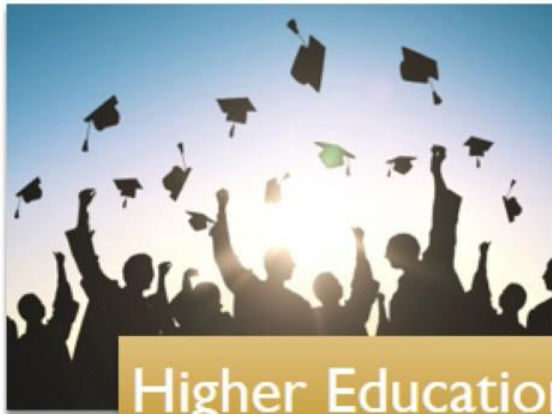
FIND YOUR PASSIONS

REFLECTION & POSITIVE ATTITUDE

Reflect on your blessings and be grateful and thankful for the life that you have.



TAKE STEPS TO ENRICH YOUR LIFE



Higher Education



Reading



New Skills



Trainings

LIVE IN THE MOMENT



When you focus on now, this moment, you are more aware of your surroundings, your breath, how you feel, what's going on with your loved ones, and everything in your immediate environment.



PRACTICE MINDFULNESS

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings and thoughts.





QUESTIONS?

