

# Healthy & Resilient You

## THE *Happiness* FACTOR

Find your happy place  
for improved health and  
gratification



### Happiness Equation

Happiness and health go hand in hand. Research shows a correlation between happiness levels and overall wellness with those who cultivate a more positive outlook enjoying richer and more fulfilling lives.

While it's not realistic to expect every day to be the happiest day of your life, taking simple, thoughtful steps can add up to a greater sense of overall happiness and well-being. Happiness shouldn't be forced or fabricated. **Rather, we should look for ways to recognize and foster authentically happy moments in everyday life.**



### Access Happiness

It's important to keep your sense of happiness personal and within reach. Take simple steps to amp up the good feelings in your life and take time to let them sink in. Make choices based on what you feel is right, not what others expect of you. This will help you build a relevant and ongoing sense of happiness.

#### ✔ Own your confidence

- Whether you're an expert or a novice, allow yourself to feel the pride that comes with developing a skill.
- When someone compliments you, let it sink in without debate. Accolades are good for the soul.

#### ✔ Embrace contentment

- Spend 30 – 60 extra seconds to absorb joyful moments.
- Balance ambition and thoughts about your future by taking time to appreciate where you are now and how far you've come.

 **Pro Tip:** *Make new choices rather than letting old ones define you. Don't settle for relationships and situations that aren't creating authentic happiness. Choose to embrace change every day and be open to decisions that lead to new experiences.*

## Create Happy Habits

Those who are consistently happy tend to follow a set of habits that generate a more lasting sense of contentment in their lives. Introducing impactful, happy habits into your day can help you build a fulfilled future. Remember, new habits don't have to be complex or time consuming. Take small steps today for big returns down the road.

### ✔ Simple subtraction

- Instead of adding things to be happy, improve your life by subtracting. For example, before you shop away your woes, try a spring cleaning to clear your head and streamline your environment.
- Think about how you spend your time. Do you have habitual, unnecessary activities dragging down your day? Try eliminating them for a few days to create more breathing room in your routine.

### ✔ Write it down

- Make a list of behaviors and activities that make you happy, like exercising or listening to your favorite music. Do at least one of these a day.
- Write down what happiness looks like to you. Include moments from your past and present that have left you with a sense of fulfillment and joy.



**💡 Pro Tip:** *Go easy on yourself. Don't let the voice in your head be your worst critic. Building positive self-assessment habits is a subtle but effective catalyst for happiness.*

## Think Happy

Making slight changes in the way you think can have a cumulative, positive effect on your outlook. Be mindful of your thoughts. Encourage those that are positive and optimistic. This will help you create perpetual patterns of thought that are more deeply rooted in happiness.

### ✔ Move past negativity

- Remember that everyone has personal struggles and you can never know for sure what motivates other people. Rather than judge their behavior, encourage them on their own paths to happiness.
- Reserve drama for reality TV and minimize toxic relationships or destructive conversations in real-life. People who deliberately doubt, judge, and disrespect you aren't always worthy of your long-term time and attention.

### ✔ Focus on forgiveness

- Mistakes are inevitable. Don't beat yourself up when you make them. Forgive yourself and focus on what you've learned from the situation instead.
- Hanging on to past transgressions will only cloud your happy mindset. Let go of painful experiences from the past so that you can make room for new, joyful memories.

### 💡 Pro Tip: Practice the art of forgiveness with REACH

- RECALL** the hurt in an objective way. **COMMIT** yourself to forgive.
- EMPATHIZE** by trying to understand why someone hurt you from their point of view. **HOLD** on to forgiveness, interrupting thoughts of anger by reminding yourself that you've forgiven.
- ALTRUISTIC** gift of forgiveness; recall when you transgressed yourself and were forgiven.

Spread happiness throughout your life: live in the moment, speak well of others, and be kind to yourself. Making these subtle changes will help you build a foundation of meaningful happiness.

Looking for more useful information on ways to increase your happiness factor? Check out the Resilience Hub™. If you are a first-time user, type in your company name to access the site. [www.ConcernResilienceHub.com](http://www.ConcernResilienceHub.com)

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