

The Lexington Group Employee Assistance Program

NEWS YOU CAN USE

November 2011

Information and tips to help you live healthier and happier

Tips To Increase Happiness

Recent research reports that you can change your thoughts and actions to increase your happiness. Below are five “happiness activities” shown in numerous studies to increase the happiness of study participants. To improve your happiness, choose the activities that suit you best. Build these activities into your everyday life to ensure long-term success.

Do you have a problem?

Live with purpose. People who strive for something personally significant – whether it’s learning a new skill, raising a good family, or changing careers – are happier than those who don’t have strong dreams or aspirations. Pick one or more significant goals and devote time and effort pursuing them. The process of working towards your goal is as important to your well being as its attainment.

Nurture your relationships. A Japanese study published last year found that contented people’s happy experiences most often involved connecting with someone. Happy people have a strong bond with at least two out of three of these essential relationships: a partner, a friend, or a parent. Experts say the best way to improve a relationship is to invest time and energy in it.

Count your blessings. One way to feel happier is to recognize good things when they happen. Express gratitude for what you have privately and also by conveying appreciation to others. If you have trouble counting your blessings, try keeping a gratitude journal. Write down three to five things you’re grateful for once a week. Several studies show that people who record what they appreciate experience greater happiness and less anxiety.

Practice kindness. Do good things for others. Acting kind or helping others makes you feel capable, compassionate and full of purpose. In one recent study, researchers could literally see the benefits of kindness. Subjects were hooked up to a brain-imaging mechanism and asked to click yes or no to charity-giving opportunities. When they donated, the machine registered a boost in blood flow to a part of the brain associated with happiness.

Cultivate optimism. Keep a journal where you write your best possible future. Practice seeing the bright side of every situation. Studies show that optimistic thoughts can be self-fulfilling and that optimists are healthier, happier and live longer than pessimists.



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EMPLOYEE ASSISTANCE PROGRAM

Caring and individualized help for personal and family concerns is only a phone call away.
For confidential services 24 hours every day, call us toll free at:

United States	1-800-676-HELP (4357)
Canada	1-800-567-4343
England	0-800-169-6706
Mexico	001-888-819-7162
Marshall Islands	1-800-676-4357
Puerto Rico	1-800-676-4357
TTY	1-800-955-8339