

Happy Habits

Incorporate happy habits into your routine at least once a week to increase positivity

Happy Habits

BE MINDFUL

Tuning thoughts into the present moment rather than rehashing the past or fixating on the future.



Suggestions

- Practice mindful meditation
- Visit your "thin place"
- Schedule time to do nothing
- Reflect during unexpected downtime (waiting in line, sitting in traffic, being on hold)

PRACTICE GRATITUDE

Being aware of and thankful for the good things that happen in your life and taking the time to express appreciation and return kindness.



- Journal
- Have a grateful jar or board
- Write letters of appreciation to others
- Reflect during unexpected downtime (waiting in line, sitting in traffic, being on hold)

INVEST IN EXPERIENCES AND RELATIONSHIPS

Satisfaction from experiences outlasts satisfaction from things and a sense of belonging with others contributes to our sense of meaning.



- Make time for hobbies
- Volunteer
- Commit to one new thing a week
- Spend quality time with family and friends

FOCUS ON STRENGTHS

We are better when engaging our strengths and at our best when using our strengths for a purpose that is greater than our own personal goals.



- Identify your strengths (High5test.com; VIA Institute on Character)
- Target using strengths 75% of the time
- Incorporate your strengths into problem-solving for your clients

IDEAS TO FOSTER POSITIVITY AT WORK

- Start team meetings by sharing good news
- Create a place to post and share gratitude thoughts
- Remember to thank and express appreciation to your team
- Invest in team bonding experiences