



# MIND YOUR HAPPINESS

## Mind Your Happiness

We all differ in what makes us happy. However, researchers have found that happy people have certain practices in common. Here are five that can help you increase your happiness:

### Practice Gratitude

Not surprisingly, research on gratitude shows a host of benefits including more positive emotions, improved health, and stronger relationships.



#### IDEAS

- Keep a daily gratitude journal
- Write a thank you note
- Practice saying thank you in everyday interactions

### Give Service

Volunteering provides a sense of purpose and responsibility, increases self-esteem, and can give you the opportunity to develop interpersonal relationships.



#### IDEAS

- Serve at a local food pantry, animal shelter
- Contact a religious organization in your area
- Do something kind for a neighbor

### Seek Quality Connections

The happiest people stay connected to family, neighbors, places of worship, and communities. Try to surround yourself with positive people and those whom you wish to emulate.



#### IDEAS

- Find a mentor to assist you in reaching your goals
- Join a group that shares your interests
- Reach out to family and spend time with them

### Practice Being Kind

We all know the Golden Rule: Treat others as you would like to be treated. Kindness goes a long way, especially when we disagree with someone.



#### IDEAS

- Give someone a compliment
- Choose to forgive others
- Say "Please" and "Thank You"



## Getting Help

Happiness can be affected by mental illness. One in five American adults experiences some form of mental illness in any given year. Some common signs of mental illness include:

- Excessive worrying or fear
- Feeling excessively sad or low
- Difficulty concentrating or learning
- Extreme mood changes
- Abuse of substances like alcohol or drugs
- Thinking about suicide
- Inability to carry out daily activities

Don't be afraid to reach out if you or someone you know needs help. Ask your human resources or benefits department if your employer offers services through an employee assistance program (EAP). You can also talk to your primary care provider or mental health helplines; your health insurance can direct you to resources as well.

Learning about mental health is an important first step in getting help for yourself or those you care about. See the back of this brochure for resources.

## Meditate

Meditation has many potential benefits including reduced stress, improved brain function, and increased focus. You don't need to be a monk to meditate and you can see benefits with as little as 5 minutes a day.



### IDEAS

- Find guided meditations on YouTube or a meditation app
- If you are religious, pray
- Create a quiet place in your home

## More Information

For more evidence-based information on minding your happiness, visit the following websites:

### **Medcor Guiding Health Principles**

[www.Medcor.com/Mind-Your-Happiness](http://www.Medcor.com/Mind-Your-Happiness)

### **Activities and Games to Promote Emotional Wellbeing**

[www.Happify.com](http://www.Happify.com)

### **U.S. Department of Health and Human Services**

[www.MentalHealth.gov](http://www.MentalHealth.gov)

### **National Alliance on Mental Illness**

[www.NAMI.org](http://www.NAMI.org)

**National Suicide Prevention Lifeline 24/7 hotline available to anyone in suicidal crisis or emotional distress. Call 1-800-273-TALK (8255)**



[www.medcor.com](http://www.medcor.com)