

EMPLOYEE ASSISTANCE PROGRAM



EMOTIONAL HAPPINESS

Happiness takes many forms. Whether it's the joy felt when achieving an important goal, participating in a family event, or relaxing on vacation, happiness is associated with better physical and psychological health. Happy, positive people tend to feel more energetic and creative, and are more likely to trust and help other people. They are also more likely to live longer and enjoy better health than people who are chronically unhappy.

Abraham Lincoln said "people are as happy as they make up their minds to be." We have a choice in how we react to life circumstances, even those that are annoying and unpleasant. Happiness is not the absence of distressing emotions, but happy people reject negative thinking and make optimism a habit.

RESEARCH SHOWS THAT THE KEYS TO A HAPPY LIFE INCLUDE:

- **Close, supportive relationships.** Good social relationships are strongly correlated with happiness. For some people, a few strong relationships meet their needs. For others, it is a wide variety of friends and family.
- **A sense of purpose.** People who live their lives with a sense of purpose and meaning report greater satisfaction and contentment than people who don't feel as engaged with their work or community.
- **Practicing acts of kindness and generosity.** People often find that living a life consistent with their personal values and giving back to others is highly rewarding.
- **Cultivating gratitude.** The beneficial effects of practicing gratitude are well-known. When people feel grateful, they are more focused on the positive aspects of their lives and are more appreciative of others.
- **Savoring the present.** Enjoying the simple pleasures of life and focusing more attention on positive experiences is a prime ingredient for happiness. People who practice mindfulness on a regular basis are more likely to feel optimistic, self-confident, and satisfied with their lives.



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