

HAPPINESS ENHANCING STRATEGIES

From Sonja Lyubomirsky

'The How of Happiness: A New Approach to Getting the Life You Want'

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- 1. Counting your blessings:**
Expressing gratitude for what you have (either privately - through contemplation or journaling - or to a close other) or conveying your appreciation to one or more individuals whom you've never properly thanked. *(Chapter 4)*
- 2. Cultivating optimism:**
Keeping a journal in which you imagine and write about the best possible future for yourself, or practicing to look at the bright side of every situation. *(Chapter 4)*
- 3. Avoiding overthinking and social comparison:**
Using strategies (such as distraction) to cut down on how often you dwell on your problems and compare yourself to others. *(Chapter 4)*
- 4. Practicing acts of kindness:**
Doing good things for others, whether friends or strangers, either directly or anonymously, either spontaneously or planned. *(Chapter 5)*
- 5. Nurturing relationships:**
Picking a relationship in need of strengthening, and investing time and energy in healing, cultivating, affirming, and enjoying it. *(Chapter 5)*
- 6. Doing more activities that truly engage you:**
Increasing the number of experiences at home and work in which you "lose" yourself, which are challenging and absorbing. *(Chapter 7)*
- 7. Replaying and savoring life's joys:**
Paying close attention, taking delight, and going over life's momentary pleasures and wonders - through thinking, writing, drawing, or sharing with another. *(Chapter 7)*
- 8. Committing to your goals:**
Picking one, two, or three significant goals that are meaningful to you and devoting time and effort to pursuing them. *(Chapter 8)*
- 9. Developing strategies for coping:**
Practicing ways to endure or surmount a recent stress, hardship, or trauma. *(Chapter 6)*
- 10. Learning to forgive:**
Keeping a journal or writing a letter in which you work on letting go of anger and resentment towards one or more individuals who have hurt or wronged you. *(Chapter 6)*
- 11. Practicing religion and spirituality:**
Becoming more involved in your church, temple, or mosque, or reading and pondering spiritually-themed books. *(Chapter 9)*
- 12. Taking care of your body:**
Engaging in physical activity, meditating, and smiling and laughing. *(Chapter 9)*