



## Incorporate happiness into your day

According to Positive Psychology, happiness is the positive emotions you have regarding the pleasurable activities you take part in through your daily life. To experience happiness, you need to make more time during the day to do the things you enjoy. Research shows happiness is good for your well-being. Here are a few interesting facts about happiness:



1. Happiness is linked to lower heart rate and blood pressure.
2. Happiness can act as a barrier between you and germs — happier people are less likely to get sick.
3. People who are happier enjoy greater protection against stress and release less of the stress hormone, cortisol.
4. Happy people tend to experience fewer aches and pains, including dizziness, muscle strain and heartburn.
5. Happiness acts as a protective factor against disease.
6. Those who are happiest tend to live significantly longer than those who aren't.
7. Happiness boosts the immune system, which can help fight and fend off the common cold.
8. Happy people tend to make others happier and vice versa – those who do good, feel good!

Put these action items into practice to experience happiness in your day and improve your well-being.

<b>H</b>	<b>A</b>	<b>P</b>	<b>P</b>	<b>Y</b>
Smile	Exercise	Get quality sleep	Eat mindfully	Practice gratitude
Give a compliment	Take a breath	Keep a journal	See friends	Get into nature
Meditate	Volunteer		Collect experiences	Be playful
Make time to laugh	Reframe negativity		Do what you enjoy	Live in the moment
Find your purpose	Be kind to others	Clean your space	Practice positivity	Find your hygge
Sing and dance	Find time to rest	Learn a new skill	Use your senses	Seek out happiness

Sources: Positive Psychology, Greater Good Science Center\* (Newman, 2015), Bustle\* (Florentine, 2016). \*Blue Cross Blue Shield of Michigan and BCN do not own or control content on this website.