Happiness-Enhancing Strategies

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www.thehowofhappiness.com

(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. (CHAP 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. (CHAP 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. (CHAP 4)

(4) **Practicing acts of kindness**: Doing good things for others, whether friends or strangers, either directly or anonymously, either spontaneously or planned. (CHAP 5)

(5) **Nurturing relationships**: Picking a relationship in need of strengthening, and investing time and energy in healing, cultivating, affirming, and enjoying it. (CHAP 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. (CHAP 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. (CHAP 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. (CHAP 8)

(9) **Developing strategies for coping**: Practicing ways to endure or surmount a recent stress, hardship, or trauma. (CHAP 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. (CHAP 6)

(11) **Practicing religion and spirituality**: Becoming more involved in your church, temple, or mosque, or reading and pondering spiritually-themed books. (CHAP 9)

(12) **Taking care of your body**: Engaging in physical activity, meditating, and smiling and laughing. (CHAP 9)