

What makes you happy?



It sounds like a simple question, doesn't it? Yet many of us aren't aware of what makes us happy — or unhappy, for that matter.

Some people think happiness is something that “happens” to them — like finding a pot of gold at the end of the rainbow. But happiness isn't luck or magic. It's something you create yourself.

You make your own happiness

Happiness starts with your attitude toward life and includes your choices, the people you keep close and your sense of purpose. You can increase your happiness by focusing on these tips:

- **Keep an optimistic outlook.** We all experience stress. It can be a challenge to stay positive at times. Yet happiness is built on a bright, upbeat point of view. So try to concentrate on the positives.
- **Connect with others who are loving and supportive.** Invest in friends and family who help you enjoy the good times and stick with you during the hard times.

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- **Find and fulfill your purpose.** Many people find they're happier when they're giving. Find out how you can become involved in a project or cause that fills you with purpose and pride.
- **Live in the “now.”** No one can predict the future so there's not much point in worrying about it. Try to live for today and fill it with fun, love and pleasure.
- **Value what you have.** Remember the old “glass half empty or half full” idea? See your glass as half full and don't forget to take credit for all the good you create.

You hold the key

Be aware of your choices, beliefs and actions; they make a difference in how you feel. Take happiness into your own hands and enjoy the results!