

Celebrating happiness



March 20 is the International Day of Happiness. It's an opportunity to create more happiness in the world. Some people think happiness is something that just happens. It's almost magical — kind of like finding a pot of gold at the end of the rainbow.

Yet most happy people will tell you that's not true. The fact is a happy life is something you must construct yourself.

Creating happiness

Happiness isn't about being rich or beautiful. Just look at the rich and beautiful who clearly don't have happy lives.

Happiness is about your attitude. It's also about the choices you make.

Foundations of happiness

You may find you can increase your happiness by building your life around these basics:

- **Invest in family and friends.** Connect with others who are loving and supportive. They help you enjoy the good times and make it through the hard times. Try to make relationships with happy people since happiness is contagious.

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- **Appreciate what you have.** It's the old "glass half empty or half full" idea. See your glass as half full and be grateful for the life you've created.
- **Keep an optimistic outlook.** We're all subjected to great stress these days. It can be a real challenge to stay optimistic at times. Yet happiness is built on a bright, positive outlook. So try to focus on the positives.
- **Find a sense of purpose.** You may not feel fulfilled by just going to work and coming home every day. Many people find they're much happier when they are giving. Find out how you can become involved in a cause that really matters to you.
- **Live in the "now."** Since you can't predict the future, there's not much point in worrying about it. Try to live for today as much as possible.

Don't wait around for happiness — make it happen

You can't just flip a switch and become a happier person. But you can work on the tips listed here. Over time, you'll find that your choices, beliefs and actions can help determine the happiness you enjoy. And you can create a happier world.