

Appreciating the moments in life



Which do you think makes you happier — special moments or special things? Research shows that moments make us much happier in the long run.¹ But why?

Things or objects can be exciting at first. But the thrill of buying costly or trendy items often fades as soon as the next “in” thing comes along.

Moments or experiences lead to more lasting happiness. You may create long-term bonds with others while enjoying experiences together. You can reminisce about them over and over. They never go out of style. Plus, many unforgettable moments are spontaneous and free.

How to make moments last

You're always storing memories through your senses without even trying. For example, the aroma of apple pie may transport you to the coziness of your mother's kitchen. The ringing of a bell may bring back the joy of dismissal on school days. The sound of the ocean may remind you of a happy seaside vacation.

You can also make photo albums, journals or recordings to help capture memories. You can livestream or video chat during your experience. Another good way to keep special moments alive is through story-telling.

As you read this, the holidays are quickly approaching. Whatever your plans, savor the moments. Your experiences are unique. They're yours and they'll always be there to remember.

¹Clark, Josh. [What makes people happier — objects or experiences?](https://www.howstuffworks.com/what-makes-people-happier-objects-experiences/) howstuffworks. Accessed September 2018.

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