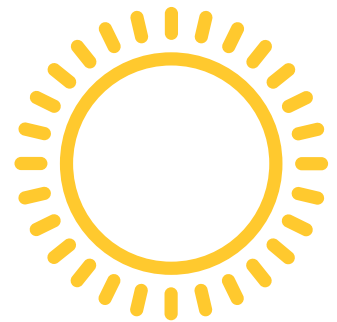




HAPPINESS HABITS

Happiness Habits are healthy, long-term actions that cause your brain to release happiness hormones including endorphins, dopamine, serotonin, and oxytocin. Happiness Habits help you stay in your upstairs brain, where you access the problem-solving skills, collaboration, and passion critical for hope.



Positive Feelings

Positive feelings, the first ingredient of hope, are feelings that are located in your upstairs brain like wonder, joy, and peace that make it easier to overcome obstacles that get in the way of hope. You proactively manage the emotional despair of hopelessness using Stress Skills and use your Happiness Habits to stay in your upstairs brain, where you then energetically move towards your goals in life.

Utilizing strengths

Pursuing passion

Activating purpose

Smiling

Exercising

Playing or Listening to Music

Spending time in Nature

Showing Gratitude and Kindness

Playing Games

Volunteering

Time with Family and Friends

Experiencing Wonder & Awe

Practicing Faith

Sleeping

Nutrition

Dancing and Singing

Donating

Giving a hug

Setting Goals

Practicing Affirmations