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.

Happiness Habits

- 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

Hopeful Cities

Join the Global Hopeful Cities Movement at ***www.hopefulcities.org***

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