

H APPINESS 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