

the
happy
book
☺

Hush Puppies®



This book belongs to:

Friends & family first.

People who spend six to seven hours each day with their friends and family are twelve times as likely to feel joyful than stressed or anxious.

Gallup

1

Write down the names of 10 people who make you happy.

2

I'm happiest when I'm...

3

My top three mood boosters:

COUNT
YOUR
BLESSINGS

Gratitude journals, where you write down things you are grateful for, lead to higher levels of optimism and overall satisfaction with life. Writing a letter of gratitude to someone you want to thank can also boost your happiness levels.

Harvard Medical School

Let it go.

Forgiving people we feel have done us wrong helps us feel better about ourselves, sustain more positive emotions, and experience a deeper connection to others.

Journal of Health and Psychology



Can't buy happiness.

After reaching an annual salary of \$75,000, making more money won't have a significant effect on your daily happiness.

Princeton University

Take it all in.

The practice of savoring positive feelings as we experience them impacts how much of a mood boost we receive from happy events.

The Journal of Neuroscience



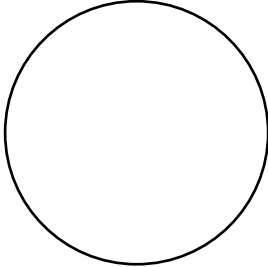
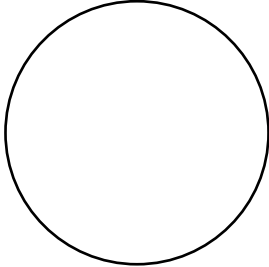
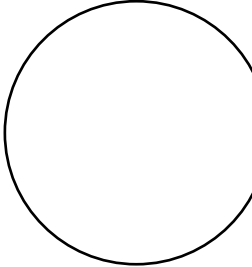
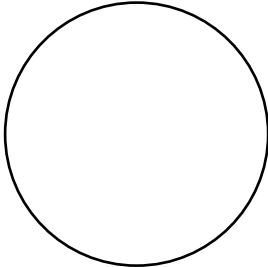
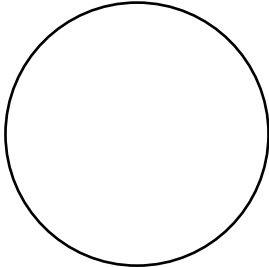
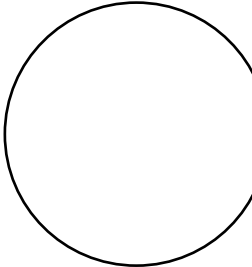
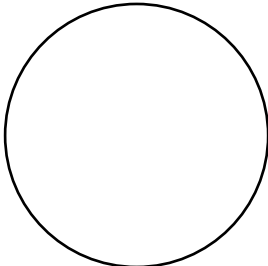
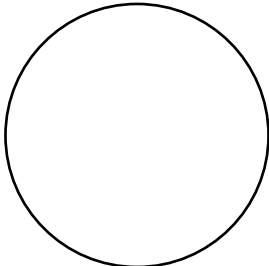
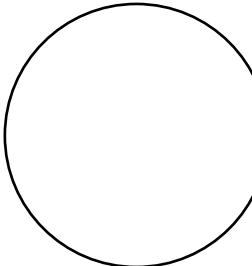
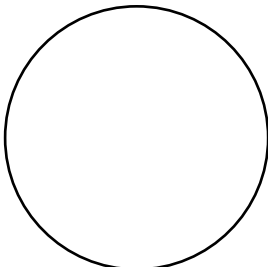
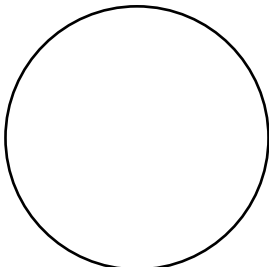
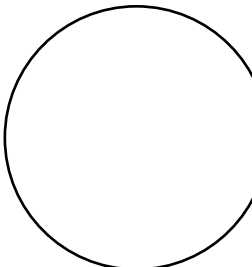
Get physical.

Adults who have sex 2-3 days
a week experience 55% higher
levels of happiness than
those who don't.

The University of Colorado



Draw your favorite happy emojis.

| | | |
|---|---|---|
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PAY IT FORWARD

Spending money on others causes greater happiness levels than spending money on yourself. Also, neuroscience research shows that doing nice things for others causes our brains to react in areas associated with pleasure and reward.

University of British Columbia



Sweat it out.

Exercising regularly has several positive impacts, like increased happiness, higher self-esteem, decreased anxiety, and reduced levels of stress. Exercise can even help lessen symptoms of depression.

The How of Happiness

TURN

IT UP

Listening to music causes the release of dopamine, one of the chemicals that triggers happiness.

McGill University

CATCH SOME Z'S

**According to a study of
900+ women, getting
one extra hour of sleep
can have a greater
impact on happiness
than a \$60,000 raise.**

Norbert Schwarz, Ph. D



Practice optimism.

**Researchers believe that
optimism is a talent or
skill that can be cultivated
by consciously challenging
negative thoughts.**

Learned Optimism

Age happily.

Older people who are optimistic experience a lower risk of heart disease than those who are pessimistic.

Boston University School of Medicine



TAKE THE
GOOD WITH
THE BAD

Couples who are in happy relationships have five positive interactions for every one negative interaction.

Purdue University



Mind the middle ages.

Happiness tends to follow a u-shaped curve from ages 17-85, with the peak happy ages being 23 and 69.

*London School of Economics
and Political Science*

WANDER & WONDER

Experiencing regular feelings of “awe” can lead to lower levels of pro-inflammatory cytokines that often signal several diseases.

*Department of Psychology,
Carleton University*

*PRACTICE
SELF
AWARENESS*

Practicing mindfulness, or the awareness of ones thoughts, emotions, and situations, can lead to a strengthened immune system, greater happiness levels, and decreased feelings of hostility or anxiety.

*Greater Good Science Center
at UC Berkeley*

**Pets
#FTW.**

70% of dog parents say their fur baby has made them happier—and nearly 4 out of 5 say it's easier to wake up in the morning when their dog is there to greet them.

Barkbox Dog Parent Study

Get outside.

*A DEEPER
CONNECTION TO
NATURE CAUSES AN
INCREASE IN POSITIVE
EMOTIONS, VITALITY,
AND OVERALL LIFE
SATISFACTION.*

National Institute of Health



THOUGHTS ON GRATITUDE:

What are you grateful for?

What can I learn from my challenges?

What am I looking forward to?

What is the best part of my day?

Be true.

Half won't do.

*THE HIGHEST
PERFORMING TEAMS
IN THE WORKPLACE
GIVE EACH OTHER SIX
POSITIVE COMMENTS
FOR EVERY NEGATIVE
COMMENT.*

Harvard Business Review



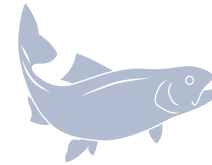
BUILD
A POSITIVE
WORKPLACE

Social Market Foundation

**Happy
employees
are 20% more
productive
than unhappy
ones.**

6 Foods Scientifically Proven to Make You Happier.

mindbodygreen



Salmon

Fatty fishes like salmon contain 11 key vitamins and minerals that make us happy, according to *The Happiness Diet*.



Butternut Squash

Butternut squash contains betaine, a chemical compound that our brains use to form natural antidepressants.



Watermelon

Watermelon contains lycopene, which is not only responsible for the bright red coloring, it also increases happiness levels.



Garlic

Garlic contains the mineral chromium, which has the ability to regulate serotonin levels, reduce pain, and calm us down.



Jalapeño Pepper

Jalapenos contain capsaicin, which not only makes them spicy, it also causes our bodies to release endorphins.

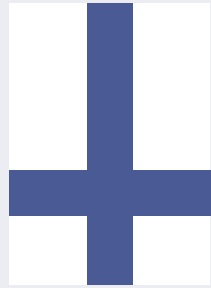


Grapefruit

Grapefruits are high in vitamin C and iron that boost our mood, improve energy levels, and increase brain function.

2019's Top 5 Happiest Countries

World Happiness Report 2019

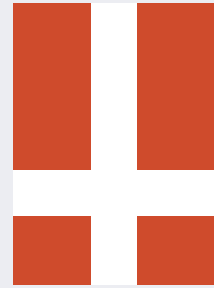


Finland

5.53 million residents

Finland celebrates an annual Day for Failure on October 13th, encouraging their residents to embrace and celebrate their shortcomings and failures.

#dayforfailure

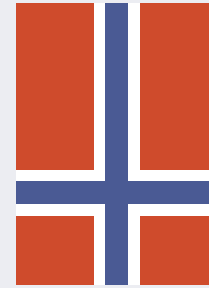


Denmark

5.77 million residents

If you love to bike, you will love Denmark. They have more than 12,000km of bike paths and trails, and 75% of Danes bike all year long (even in winter).

VisitDenmark

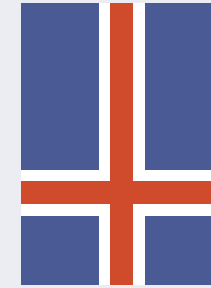


Norway

5.3 million residents

Norwegians pay an average of 40.2% annual income tax, so in the spirit of transparency, they publish everyone's individual annual income publicly.

BBC News

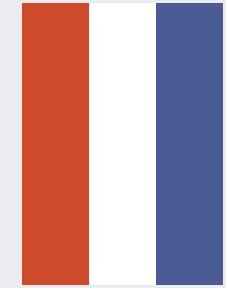


Iceland

360 thousand residents

Iceland is a global leader in sustainable practices—99% of its energy is sourced from renewable sources (hydroelectric, geothermal, and wind energy).

Landsvirkjun



Netherlands

17.1 million residents

The Netherlands have the highest average height of 5 feet 7.96 inches. Dutch men rank the tallest in the world (5 feet 11.86 inches on average).

NCDRisc

15 Facts That will make you feel incredibly happy.

According to BuzzFeed

1 Otters hold hands while sleeping so they don't float apart.

2 Norway once knighted a penguin.

3 There's a competition in Sweden called Kaninhoppning, or rabbit show jumping.

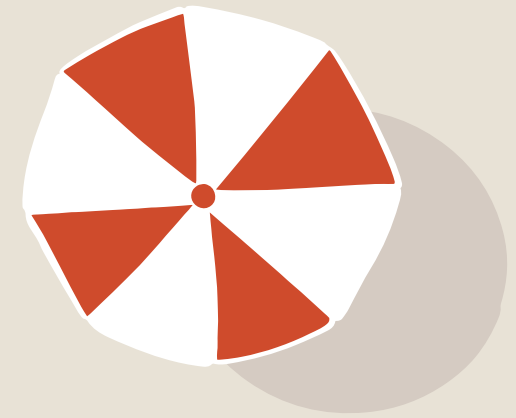
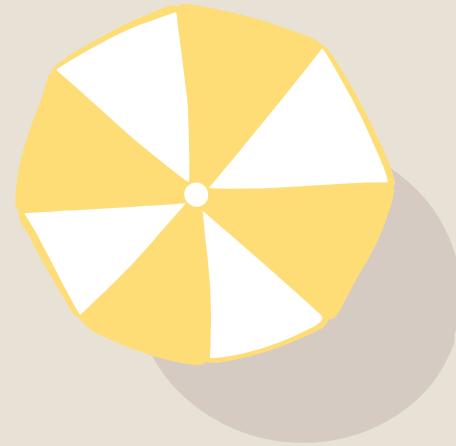
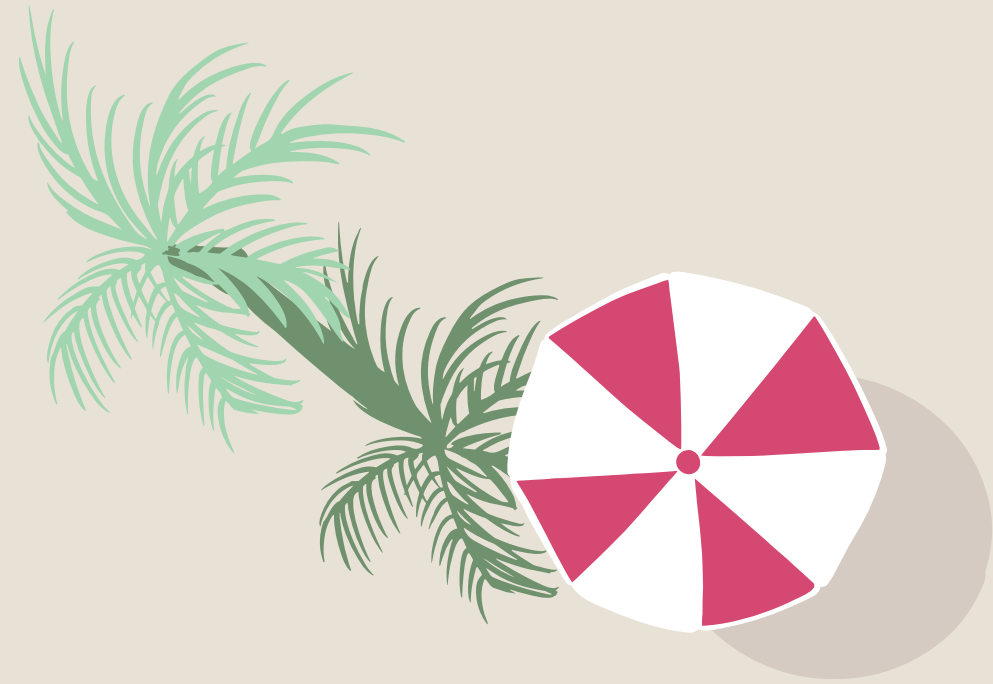
4 If you fake laugh long enough, you'll actually start to laugh really hard.

5 Blind people smile despite having never seen someone smile before. It is just a natural human reaction.

6 The voice of Mickey Mouse and the voice of Minnie Mouse got married in real life.

7 A group of flamingos is called a flamboyance.

8 A chemical called oxytocin is released when people cuddle, helping to heal physical wounds.



9 Puffins mate for life.

10 Alexander Graham Bell originally wanted people to greet each other on the phone by saying “ahoy!” instead of “hello!”

11 Rats laugh when tickled.

12 Worms communicate with one another by snuggling.

Be bold.

13 The Beatles used the word “love” 613 times in their songs.

14 Turtles can breathe through their butt.

15 Cows have best friends.

Write something happy.

Lined writing area with 20 horizontal lines.

Write something happy.

Lined writing area with 20 horizontal lines.



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