

9-Things to Make You Happier

- 1. Raise your activity level to pump up your energy.** If you're on the phone, stand up and pace. Take the stairs instead of the elevator. Put more energy into your voice.
- 2. Take a walk outside.** Research suggests that light stimulates brain chemicals that improve mood. For an extra boost, get your sunlight first thing in the morning.
- 3. Reach out.** Reach out to someone new. Having close bonds with other people is one of the most important keys to happiness. When you act in a friendly way, not only will others feel more friendly toward you, but you'll also strengthen your feelings of friendliness for other people.
- 4. Rid yourself of a nagging task.** Deal with that insurance problem, purchase something you need, or make that long-postponed appointment with the dentist. Crossing an irksome chore off your to-do list will give you a big rush of elation.
- 5. Create a more serene environment.** Outer order contributes to inner peace, so spend some time cleaning off your desk and tackling the piles in the kitchen. A large stack of little tasks can feel overwhelming, but often just a few minutes of work can make a sizable dent.
- 6. Do a good deed.** Introduce two people by e-mail, take a minute to pass along useful information, or deliver some gratifying praise.
- 7. Act happy. Fake it 'til you feel it.** Research shows that even an artificially induced smile boosts your mood. And if you're smiling, other people will perceive you as being friendlier and more approachable.
- 8. Learn something new.** Think of a subject that you TRULY WANT to know more about and spend 15-minutes on the Internet reading about it, or go to a bookstore and buy a book about it.

Research shows that happier people are more sociable, likable, healthy, and productive—and they're more inclined to help other people. By working to boost your own happiness, you're making other people happier, too!