

## Five Ways to Boost Your Happy Factor

Do you sometimes feel as if you're running toward happiness, while happiness is running away from you? Research suggests that you can make new habits today to bring you closer to happiness right now, which is where happiness lives. Happiness has to do with how satisfied you are with your life. For example, your work and direction, and how you feel from day to day. It's not about getting everything you want, being excited all the time, or making the most money. So, if money can't buy you happiness, where can you find it?

Here are five habits you can practice to help boost your happiness level. Number one... emphasize experiences. Research has found that interacting with others and creating memories together adds greater happiness than acquiring possessions. And what better way to add variety than by interacting with others, who are always capable of surprising you.

Number two... savor positive moments. When something great happens, take some extra time to experience it fully. You can savor the past, present, or even something you're looking forward to in the future.

Number three... express gratitude. Whether it's by saying "thank you," or keeping a journal of the people and things you appreciate. Expressing gratitude can leave those around you feeling more positive. Those good feelings can bounce back and boost your mood, too.

Number four... find meaning. You might find meaning in your life through your career, or being a great parent, guardian, or mentor. You might find it through volunteer work, spirituality, religion, or spending quality time with those you love. How you find meaning may change over time, that's okay. As long as you're always finding it somewhere.

Number five... nurture relationships. Share hobbies, help your kids with their homework, send a letter to a friend, or pick up the phone. Stay in touch and share a laugh, and a smile with those you care about. Take a moment now to think about all the things we've talked about.

What's your top takeaway? Start with that item, and add new ones over time. Before you know it, you may just find you're feeling happier from day to day.