

10 TIPS TO BOOST YOUR HAPPINESS

Research shows us that happier people tend to report having better physical health, greater psychological well-being, more fulfilling relationships, and a deeper sense of purpose. Fortunately, you can increase your happiness by savoring positive experiences. The act of savoring enhances your ability to find joy. That's because it increases your mindfulness and appreciation of positive experiences. Here are 10 savoring strategies (plus a bonus strategy) you can start using today to boost your happiness!

1 Say "Thank You."

Choose someone who has had a positive impact on your life and write them a letter expressing your gratitude.

2 Treat Yourself to Learning Something New.

Regularly schedule uninterrupted time to focus on a hobby or learn a new skill.

3 Increase Your Appreciation.

You can avoid taking good things for granted by imagining what it would be like if you lost them. Try skipping your afternoon coffee or sweets for a week—you'll savor them more after the break.

4 Snap a Picture.

For the next 30 days, take one photograph a day of something you find interesting, beautiful, meaningful, or enjoyable.

5 Put on Your Walking Shoes.

Take a 15- to 20-minute walk each day where you only focus on positive things. Actively search for things that bring out joy, awe, curiosity, or contentment.

6 Redirect Your Thinking.

When you catch yourself dwelling on negative thoughts, intentionally shift your mind to a more positive topic or perform a random act of kindness.

7 Challenge Yourself.

Set specific, achievable goals that you can complete within a month. When you reach your milestone, make a point to recognize and celebrate your success.

8 Take a New Approach.

Sharpen your senses to savor positive experiences in new ways. Close your eyes when you're enjoying your favorite music.

9 Put on a Happy Face.

Even if you're feeling a little down, acting like you're in a good mood by smiling and laughing can help improve your mood. Acting happy can lead to actual happiness.

10 End the Day on a Bright Note.

At the end of each day, take a few moments to think of three positive things that happened that day.

BONUS STRATEGY:

11 Phone a Friend.

You don't have to be alone when you try these out—invite a friend or family member to join you on your daily walk, or even learn something new together.

These tips are based on research by Mather LifeWays Institute on Aging, an area of service of Mather LifeWays, a not-for-profit organization dedicated to enhancing the lives of older adults by creating Ways to Age WellSM. Staffed by nationally recognized researchers, the Institute is an award-winning resource for research and information about wellness, aging, trends in senior living, and successful aging service innovations.

 **Institute on Aging**