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## habits of happiness worth cultivating

### PAY ATTENTION

Studies show that mindful people have stronger immune systems and are less likely to be hostile or anxious.

### GIVE THANKS

Research reveals the enormous power of simply counting our blessings. Regular expressions of gratitude promote optimism, better health, and greater satisfaction with life.

### DROP GRUDGES

When we forgive those who have wronged us, we feel better about ourselves, experience more positive emotions, and feel closer to others.

### PRACTICE KINDNESS

Being kind to others makes us feel good. Altruistic acts light up the same pleasure centers in the brain as food and sex.

### KEEP FRIENDS CLOSE

Social connections are key to happiness. Research indicates it's quality more than quantity: Make time for those closest to you.

### GET MOVING

Regular exercise increases self-esteem, reduces anxiety and stress, and may well be the most effective instant happiness booster of all.