Health Habits of Happy People

How Happy Are We?

Happiness is a feeling of pleasure and positivity.

Benefits of Happiness

Three Main Practices That Will Make You Happier

Happy People Have an Attitude of Gratitude

Happy People Are Grateful

Happiness Is More Than an Emotion.

Three Main Practices That Will Make You Happier

1. Gratitude
2. Physical Health
3. Mental Health

Why Do Happy Employees Matter?

Happy employees had 37% higher sales.

Happiness at Work

Why Do Happy Employees Matter?

- Happy employees had 37% higher sales.
- Happy employees had 20% less stress.
- Happy employees had 12% more productivity.
- Happy employees had 3x more creativity.
- Happy employees had 30% less sick days.
- Happy employees had 49% less cortisol.
- Happy employees had 35% less chance of dying.

Happiness at Work

Benefits of Happiness

- Happiness helps regulate mood.
- Happiness reduces physical pain.
- Happiness increases happiness.
- Happiness decreases feelings of hostility.
- Happiness decreases depression.
- Happiness can help reverse feelings of isolation.

Happiness Is a Feeling of Pleasure and Positivity

- Happiness is a changeable state.
- Happiness is not necessarily an internal or external state.
- Happiness is not necessarily a state of mind.
- Happiness is a state of being.

Happiness Promoting Foods

- Yogurt contains good gut bacteria which positively impacts the central nervous system.
- Tryptophan is an amino acid that helps increase the brain's production of the feel-good neurotransmitter serotonin.

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