



As we move out of the holiday season and into the new year, it is a great time to hit the refresh button on happiness and joy. Studies have shown that up to 40% of happiness is controlled through focus and choices. By being mindful of things such as our thoughts, the present moment, our connections and gratefulness, we can enhance our happiness.

Here are some science-based concepts to consider for increasing happiness from the article *"Is Happiness a Choice?"* in the December Issue of "levelhead", by Sandra Schrock:

"Savor life's joys."

When a moment of happiness or joy occurs, take a mental picture of that moment and refer back to it enjoy the moment again.

"Drop grudges."

If there are any negative feelings, grudges or situations that you are holding on to, see if you can let go of that negative energy.

"Connect."

Seek out ways to connect with family, friends, co-workers, community members, people you share interests with, etc. Connecting with others has been linked to higher life satisfaction and overall well-being.

"Count your blessings."

Research has shown that being grateful for your blessings can lead to better health and overall satisfaction.

"Give thanks."

Take a moment to acknowledge those around you who assist and support you.

"Minimize overthinking and negative thoughts."

Identify triggers that may be leading you towards negative thoughts. Try refocusing away from those triggers by doing something you enjoy.

"Smile."

Neurotransmitters that promote positive moods are released when the muscles that form a smile are engaged :)

To learn more about these concepts on happiness, click here: [Is Happiness a Choice?](#)