WORDS OF HAPPIERNESS

"We rarely ever think about what never happened"

You've made it through Module II – That's Gotta Feel Good!

Here are some more examples of Happierness in action:

MAINTAINING MOOD HEALTH: To what degree do you agree that our real-time experiences reflect a certain biochemical reality? Admittedly, our brain chemistry significantly affects our emotional and mental well-being on an ongoing basis. As we function at varying levels and combinations of dopamine, serotonin, oxytocin, norepinephrine and our endorphins, it's sensible to remain mindful of our Mood Health.

As much as we'd like to be, we're not always in full control. However, among what we can control is our Happierness mindset. Even in the darkest depths of depression is a realization that no matter how bad and hopeless we feel, there's still a glimmer of hope that things won't always be that way and that we will feel better at some point.

BEING A LIFE ATHLETE: Nobody's perfect. But each of us knows that practicing good self-care is at the very foundation of our quality of life. At the heart of well-being and Happierness is self-love. Those who forge a loving relationship nourish themselves daily with healthy activities, such as sound nutrition, exercise, proper sleep, intimacy and healthy social interactions. The synergy is clear. It's easier to pursue Happierness when you feel good. A true Life Athlete also relies on a dose of prevention, including not letting the bad get worse.

MANAGING ENERGY: Be it our Personal Energy, Interpersonal Energy or Universal Energy, each has a unique impact on our capacity for Happierness. The better we manage our energy, the better we feel and enjoy our daily lives. Staying mindful of the invisible forces of others' energy is essential to our well-being. We'll go more in-depth about Universal Energy in Module IV, which you'll almost surely find worth the wait. Impatience is not worth the energy.

FOOD FOR THOUGHT (OPTIONAL)

● Can you think of other aspects of Well-Being that will bolster your Happierness?

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