

happiness

Are you happy? Would you like to be happier and healthier?

A growing body of scientific evidence suggests that being happy actually benefits health and helps promote a healthy lifestyle. Happy people are more likely to take better care of themselves and choose healthy behaviors.

Here are some proven approaches shown to help you feel happier and healthier.

- **Practice gratitude daily:** You can increase your happiness by focusing on things you are grateful for.
- **Get and stay active:** Regular exercise is not only good for your physical health, it can help boost your mood and improve your outlook on life, too.
- **Connect with others:** Staying socially connected can increase your happiness level. Having positive interactions with people (or even animals) can foster a sense of happiness.
- **Learn to meditate:** Regular meditation can increase happiness and provide other benefits such as reducing stress and improving sleep.
- **Don't shortchange your sleep:** Lack of sleep has a negative effect on happiness. If you struggle with sleep because of stress, family problems or other issues, please contact Aurora EAP. Remember, EAP services are free and confidential.

Ever wonder if you could live a happier life? Aurora EAP is here to help. Give us a call at 800-236-3231. You'll be happy you did.