

THE 12 PRACTICES OF HAPPY PEOPLE

The How of Happiness by Sonja Lyubomirsky

- 1 EXPRESSING GRATITUDE
- 2 CULTIVATING OPTIMISM
- 3 AVOIDING OVERTHINKING AND SOCIAL COMPASSION
- 4 PRACTICING ACTS OF KINDNESS
- 5 NURTURING RELATIONSHIPS
- 6 DOING MORE THINGS THAT ENGAGE YOU
- 7 SAVORING LIFE'S JOYS
- 8 COMMITTING TO YOUR GOALS
- 9 DEVELOPING STRATEGIES FOR COPING
- 10 TAKING CARE OF YOUR BODY
- 11 LEARNING TO FORGIVE
- 12 PRACTICING SPIRITUALITY

To access a list of 80+ evidence-based, happiness enhancing activities, visit <https://www.goucher.edu/experience/living-well/student-counseling-center/>

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