

# 6

habits of  
happiness  
worth  
cultivating

## PAY ATTENTION

Studies show that mindful people have stronger immune systems and are less likely to be hostile or anxious.

## GIVE THANKS

Research reveals the enormous power of simply counting our blessings. Regular expressions of gratitude promote optimism, better health, and greater satisfaction with life.

## DROP GRUDGES

When we forgive those who have wronged us, we feel better about ourselves, experience more positive emotions, and feel closer to others.

## PRACTICE KINDNESS

Being kind to others makes us feel good. Altruistic acts light up the same pleasure centers in the brain as food and sex.

## KEEP FRIENDS CLOSE

Social connections are key to happiness. Research indicates it's quality more than quantity: Make time for those closest to you.

## GET MOVING

Regular exercise increases self-esteem, reduces anxiety and stress, and may well be the most effective instant happiness booster of all.