

# How to Be Happier

## (According to Science)

**6 strategies** everyone should know:





## **1. Build your environment for happiness**

Positive things in your environment (music in particular) can help induce states of happiness.

**Adjust your home and work environment** with the unique sights/sounds that make you happiest.



## **2. Light management**

Light exposure is key to **quality sleep**.  
Quality sleep is key to **happiness**.

**Morning:**

Direct sunlight **within 1 hour of waking**

**Afternoon:**

Keep lights bright throughout the day  
(even artificial light)

**Evening:**

Start to dim lights

**Night:**

Avoid bright/blue light 1 hour before bed



### **3. Give money/effort to those in need**

**According to a 2008 study:**

Giving money/effort (even a small amount)  
had a strong impact on happiness.

This effect is boosted if the receiver  
**actually needs the help.**



## 4. Leverage the "focus system"

When we are not focusing on what we're doing, we tend to be **far less happy** than when we are fully engaged.

- Laundry
- Dishes
- Cooking

Whether it's an activity you enjoy or not, put **as much of your focus** into it as you can.



## 5. Make your choices final

More flexibility = more happiness (right?)

Not necessarily.

Studies show that when we make a choice and are **forced to stick to it**, we are happier than if we have the option to change our mind.

If you make a decision  
— think of it as a **final decision**.



## 6. Quality social connections

The longest study on happiness ever conducted showed this to be the **#1 indicator of happiness**.

Some takeaways:

1. Try to have some face-to-face social interaction in the morning
2. Good (not constant) presence and eye contact are key to establishing connections
3. Physical touch is powerful (if comfortable)



## In Summary:

1. Fill your **environment** with sights/sounds that make you happy
2. Manage your **intake of light**
3. Give (what you can) to those in need
4. Put your **full focus** into what you're doing
5. Make your choices **final**
6. More **face to face interactions**