

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**.

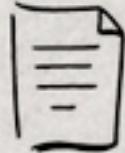


6. Quality social connections

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**