



CLAREMONT EAP

For more information,  
call Claremont at:  
**800-834-3773**

## Finding Happiness

Many people believe happiness is a feeling of pleasure based on some external happenings: the raise you wanted, a fabulous meal. But true happiness isn't contingent on circumstances; it's a sense of contentment that exists independently of good or ill fortune. The good news? You can be happier no matter who you are or what challenges you face by changing your attitudes and learning specific behaviors.



### Monthly Webinar Series

#### **The Science of Happiness: Learn how to bring more happiness to your personal and professional life.**

***Tuesday, May 16th, 2017 at 12pm Eastern***

Research supports that happy people feel better, do better, and live better. While this is great news, it still begs the question: Why? And, more importantly, how? During this session, we will explore the history and research behind this concept of happiness, how it relates to the various facets of your life, and what intentional activities you can do to increase your life satisfaction and fulfillment. There are many pathways to happiness, so let's get your journey started!

**To register, [log-in now](#).**



### Points to Ponder

Here are some tips to help increase your happiness:

- Have something to look forward to.
- Realize life doesn't have to be hard.
- Let go of desired outcomes.
- Ask for help when you need it.
- Envision what you want from your life.
- Do something you love today -- if only for five minutes.
- Focus on what's right in your life, instead of what's wrong.

To learn more, log-in now at [claremonteap.personaladvantage.com](http://claremonteap.personaladvantage.com)