

The HOW of Happiness

Happiness-increasing strategies

Expressing Gratitude	Cultivating Optimism	Avoid overthinking and Social comparison	Practicing Acts of Kindness
Nurturing Social Relationships	Developing Strategies for Coping	Learning for Forgiveness	Increasing Flow Experiences
Savoring Life's Joys	Committing to Your Goals	Practicing Religion and Spirituality	Taking care your body

