GET HAPPY: FOUR WELL-BEING WORKOUTS

To cultivate the components of well-being, which include engagement, good relationships, accomplishment and purpose, Dr. Seligman (Psychology professor at UPenn), suggests the following four exercises based on research:

**Identify Signature Strengths**
Write down a story about a time when you were at your best. Re-read it every day for a week, and each time ask yourself: “What personal strengths did I display when I was at my best?” Did you show a lot of creativity? Good judgement? Were you kind to other people? Loyal? Brave? Passionate? Forgiving? Honest? The next step is to contemplate how to use these strengths to your advantage, intentionally organizing and structuring your life around them.

**Find the Good**
Set aside 10 minutes before you go to bed each night to write down three things that went really well that day. Next to each event answer the question, “Why did this good thing happen?” Instead of focusing on life’s lows, the exercise turns your attention to the good things in life, so it changes what you attend to.

**Make a Gratitude Visit**
Think of someone who has been especially kind to you but you have not properly thanked. Write a letter describing what he or she did and how it affected your life, and how you often remember the effort. Then arrange a meeting and read the letter aloud, in person.

**Respond Constructively**
The next time someone you care about shares good news, give an active constructive response. Instead of saying something passive like, “Oh, that’s nice,” express genuine excitement and prolong the discussion by encouraging them to tell others or suggest a celebratory activity.

**Sources:** The New York Times