

What is happiness?

Happiness can be described as  how we **think** and  how we **feel**

Your happiness is determined by a collection of factors

Happiness can be boosted

Genetics & Life Circumstances play a role in your happiness.

Some researchers suggest that you can control **up to 40%** of your happiness through **intentional effort and action.**



Happiness and well-being can improve physical and mental health

Increased happiness is associated with decreased risk of:

 **Stroke**

 **Diabetes**

 **High Blood Pressure**

 **Arthritis**

 **Mortality**

Happiness can also increase your ability to combat stress and trauma

Strategies to increase your happiness and well-being include:

 **Find Contentment**

-  Awareness
-  Optimism
-  Resilience

 **Strengthen Social Connections**

-  Trust
-  Social Support
-  Generosity