

TAKEAWAYS FROM **THE SCIENCE OF HAPPINESS**



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Top 10 Tips from the Science of Well-Being

- 1 | Happiness matters for your performance
- 2 | Make time for social connection (even if you don't feel like it)
- 3 | Helping others makes us happier than we expect
- 4 | Make time for gratitude every day
- 5 | Healthy practices (exercise and sleep) matter more than we expect
- 6 | Be in the present moment and savor the good things
- 7 | Be in the present moment even if it feels yucky
- 8 | Improve performance with self-compassion
- 9 | Love your work by focusing on your strengths
- 10 | Become wealthy in time not in money



The RAIN Method

by Tara Brach

RECOGNIZE
what is happening

ALLOW
feeling to be just as it is

INVESTIGATE
with interest & care

NURTURE
with self-compassion

FOR MORE INFORMATION

drlauriesantos.com

coursera.org/learn/the-science-of-well-being

pushkin.fm/show/the-happiness-lab-with-dr-laurie-santos

