

Takeaways from The Science of Happiness

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TOP 5 TIPS FROM THE SCIENCE OF WELL-BEING

- #1. Happiness matters for your performance
- #2. Our minds lie to us about what makes us happy
- #3. Make time for social connections
- #4. Helping others makes us happier than we expect
- #5. Make time for gratitude every day
- #6. Healthy practices matter more than we expect
- #7. Be in the present moment and savor the good things
- #8. Be in the present moment even if it feels yucky
- #9. Become fierce with self-compassion
- #10. Become wealthy in time not in money

THE RAIN METHOD

- **RECOGNIZE** what is happening
- **ALLOW** feeling to be just as it is
- **INVESTIGATE** with interest & care
- **NURTURE** with self-compassion

For more information:

<http://drlauriesantos.com>

<http://coursera.org/learn/the-science-of-well-being>

<https://www.pushkin.fm/show/the-happiness-lab-with-dr-laurie-santos/>