



Well-being@Work Newsletter

March 2019

BE HAPPY



Don't Worry, Be Happy. Sounds simple doesn't it? But between work schedules and life demands, being "happy" can seem at times like a faraway destination. This month's newsletter is packed with tips and resources to help you find your happy place!



[How Happy Are You?](#)

Pursuit-of-Happiness.org is a nonprofit organization that has created a scientifically based 13 question quiz to help you gauge just how happy you are. Based on your answers, you receive a brief report with guidance on how to improve your score.

[Habits Of The Happy](#)

Happy people have honed habits that maintain their happiness day in, day out. Here are 10 to try to see what they do for you!



This Month's Challenge: Be Happy.

This month's challenge is focused on tracking your mood and daily happenings to identify themes with your days that contribute to your happiness.....or take away from it!



THERE'S AN APP FOR THAT

Your tech, especially your phone, can be used for the good. Give one of these apps a try to track your happiness, and all of your other moods too!



QUOTE WORTHY

Down in the dumps or know someone who is? Let these wise words bring you or someone in your life happiness and put a smile on your face.



EAT YOUR WAY TO HAPPINESS

Take a look at these top foods that have shown to elevate your mood.

For more health and well-being information, contact your Wellness Champion at your location.

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