



EAP NAVIGATOR

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5 Tips for Bringing Happiness into Your Life

According to Aristotle, happiness “is the meaning and the purpose of life, the whole aim and end of human existence.” We all want to feel happy, and each one of us has different ways of getting there.



Here are 5 tips to help bring more happiness into your life.

1. **Set goals.** Choose realistic goals that encourage you to move forward.
2. **Seek out others.** Surround yourself with happy people and nurture these relationships.
3. **Take care of your health.** Eat well, exercise regularly and get plenty of sleep.
4. **Reach out.** Be compassionate and focus beyond yourself, to help those in greater need.
5. **Keep perspective.** Take a moment each day to reflect on the positive things in your life that can make you feel grateful.

For more information on creating happiness in your life, contact your EAP:

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