

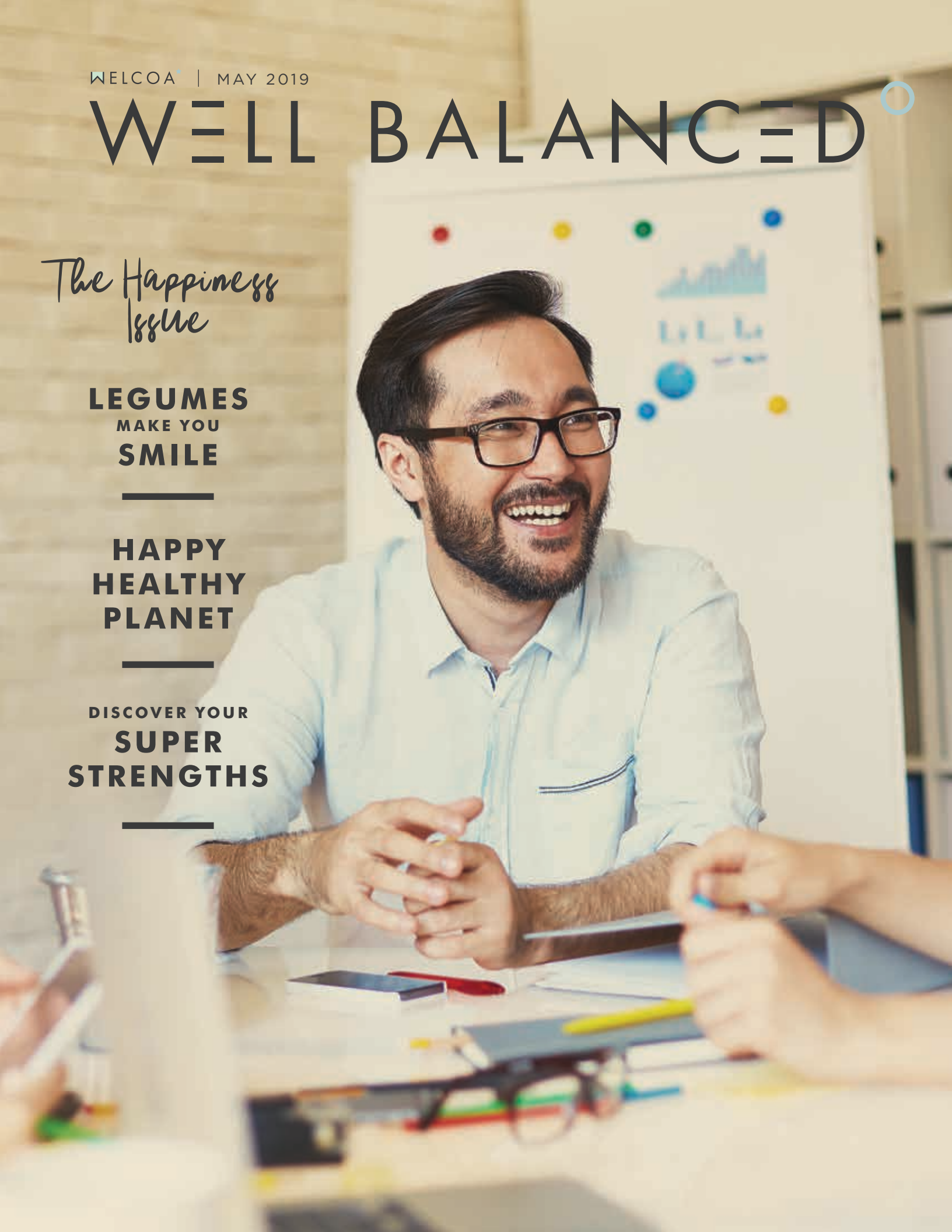
WELL BALANCED

*The Happiness
Issue*

**LEGUMES
MAKE YOU
SMILE**

**HAPPY
HEALTHY
PLANET**

**DISCOVER YOUR
SUPER
STRENGTHS**



HABITS OF HIGHLY HAPPY PEOPLE

by SEAN FOY, MA

Positive psychology and science of happiness researchers have found that people living in the happiest countries in the world focus on specific happy habits. As a result, these folks live longer, have a lower risk of heart disease, are less stressed, sleep better, have stronger relationships, and overall greater emotional wellbeing. Practice these specific happy habits on a daily basis to improve your overall happiness.

DAILY HAPPY MOVES

Nurture Your Relationships

Researchers have uncovered that it's not the number of relationships that matters most, rather the quality and level of connectedness you experience in your relationships. Be intentional and select one individual you care deeply about and once a day compliment or say thank you for something you appreciate about them. This simple happy habit will increase your connection with those you care about.

Cultivate Kindness

Caring for someone other than ourselves creates a happier and more positive environment. Write down the names of the people you turn to when you are hurting or in distress and a few positive qualities you admire in these individuals. Think about how these individuals comforted or showed kindness and see how you might be able to apply those actions in your relationships.

Let it Flow

Ever found yourself losing track of time? If we are deeply involved in trying to accomplish a goal or an activity that is engaging, fun, or challenging we experience a pleasurable and joyful state called flow. Try engaging in a hobby, task, project, or cause that challenges and inspires you.

Schedule Sacred Moments

Many studies indicate a close link between happiness and a spiritual or religious practice. Various societies around the world engage in practices that elevate your faith,

hope, and sense of purpose in life. All of which have been shown to increase your happiness. Focus on practicing a sacred moment during your day. Take a few minutes to pray, meditate, journal, or read.

Focus on Strengths and Virtues

According to Gallup, people who focus on their innate talents, strengths, and virtues are six times more likely to be engaged in their work and are happier overall. For years, strengthening our weaknesses was the way to improve our lives. Current research overwhelmingly demonstrates the opposite. Begin focusing on your strengths and virtues to improve your happiness.

Look on the Bright Side

Optimistic and grateful people have been shown to demonstrate more positive attitudes, a greater sense of belonging, greater ability to handle stressful situations, and a significantly higher level of happiness. Pick three things you are thankful for and write them on sticky notes to place on your mirror or computer as daily reminders.

Find Your Super Strengths

Answer these five questions to determine your strengths and virtues.

1. What activities make me feel strong?
2. What do I enjoy and feel competent doing?
3. What strengths do I like in others and in myself?
4. What makes me feel energized?
5. What do others close to me say are my greatest strengths?



About SEAN FOY, MA | President & Founder • Personal Wellness Corporation

Sean Foy is an internationally renowned authority on fitness, weight management and healthy living. As an author, exercise physiologist, personal trainer, behavioral coach and motivational speaker, Sean has earned the reputation as "America's Fast Fitness Expert". Sean is a husband, father of two, and President & Founder of Personal Wellness Corporation.



EMPLOYEE HEALTH & WELLNESS PROGRAM

unk.edu/wellness

This is what WELL BALANCED™ looks like to me...



@CoachSeanFoy



@kraepauly



@stokelyrose



@MotionInfusion

WANT TO BE A PART OF #wellbalanced

Share your well balanced moments by tagging us on social @WELCOA using #wellbalanced with a chance to be featured in an upcoming issue of WELL BALANCED™.



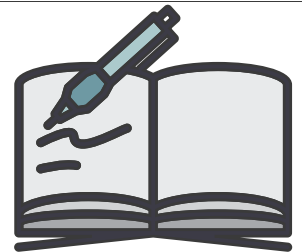
PRACTICE GRATITUDE

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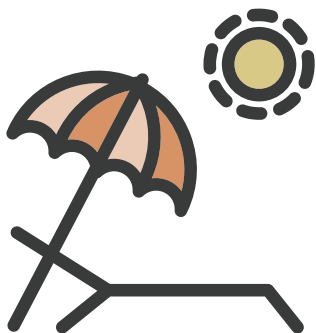
20,000

There are over 20,000 species of edible plants in the world.



SACRED MOMENTS

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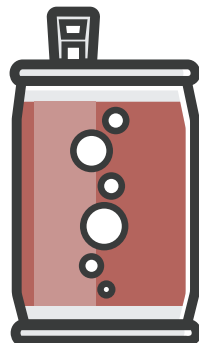


TANNED SKIN IS DAMAGED SKIN

There is no such thing as a healthy tan.

44 GALLONS

The average American consumes approximately 44 gallons of soda annually.



HAPPIEST COUNTRIES IN THE WORLD

According to the World Happiness Report, which measures wellbeing in countries around the world, the top five happiest countries are Finland, Norway, Denmark, Iceland, and Switzerland.

