

# The Science of Being Happy and Productive at Work

by Happy Brain Science

## Choose Happiness

Happiness is defined as positive emotions with meaning *and* satisfaction. Happier people are more productive, energetic, cooperative, resilient, successful and engaged. Happiness comes largely from your choices.

*Solid science tells us that yes, happiness comes from our genes, but also from the choices and thoughts going on between our ears and surprisingly little from life circumstances.*

### 1. Subdue Stress



Science tells us that *how* you cope has a huge effect on your well-being. Your natural fight, flight or freeze reaction is usually not the most helpful response in the workplace.

#### Apply the science to subdue stress.

- View stress as energizing – rather than limiting – it's healthier and boosts happiness.
- Get exercise. It's great for managing stress, improving thinking and boosting your mood.
- Use meditation or mindful moments.
- Avoid over-thinking, ruminating & excessive comparisons.

### 2. Practice Positivity



Science tells us that practicing positivity can significantly affect your happiness. The way you approach your work will have a large effect on your happiness in it.

#### Apply the science to practice positivity.

- Be actively optimistic – write down your best possible future for the next 3 years at work.
- Act like a happy person (it's contagious!) – interact positively throughout the day.
- Savor life's joys (past, future and present) and notice the best in people and things around you.

### 3. Revitalize Relationships



Science tells us that quality relationships are a major source of happiness. As social creatures, we need real connection with others to be at our best. Mirror neurons help us connect with each other.

#### Apply the science to revitalize relationships.

- Invest in people and relationships
- Be kind & forgive – assume positive intent.
- Practice active constructive responding to others' good news.

### 4. BONUS CONTENT: Flow to Goals



Science tells us that progress toward clear and meaningful goals fuels happiness. Focusing to get into flow and progressing towards goals can boost your engagement and happiness at work.

#### Apply the science to flow to goals.

- Visually record progress toward clear and meaningful goals.
- Get into 'flow' by focusing, undistracted, on challenging work.
- Train your brain to avoid multitasking; meditate to boost your ability to focus.

*The place you have the most effective chance of changing your happiness level is in your own mind. You can choose happiness: subdue stress, practice positivity, flow toward your goals, and revitalize relationships.*

## Quotes and Notes

If you'd like to, feel free to use this space to record the notes and quotes you want to remember.

For a summary of The Science of Happiness presentation, complete with quotes and audio, check out First Round Review's article at <http://firstround.com/article/Heres-Why-Founders-Should-Care-about-Happiness>

## Additional Resources

### Recommended Reading:

*Your Brain at Work*, by David Rock  
*The How of Happiness*, by Sonja Lyubomirsky  
*Happiness*, by Ed Diener and Robert Biswas-Diener  
*Flourish*, by Martin E.P. Seligman  
*Stumbling On Happiness*, by Daniel Gilbert  
*What Happy Companies Know*, by Dan Baker, Cathy Greenberg and Collins Hemingway  
*The Happiness Advantage*, by Shawn Achor

You will find a more thorough reading list at <http://www.happybrainscience.com/resources/>.

**Free Newsletter:** You can sign up for Happy Brain Science's newsletter for more happiness activities and brain science news at [www.HappyBrainScience.com](http://www.HappyBrainScience.com).

**Stay in Touch:** You can find Scott on Facebook at [www.facebook.com/HappyBrainScience](http://www.facebook.com/HappyBrainScience) or follow him on Twitter: @ScottCrab

*To your happy brain!*  
-Scott Crabtree

## Choose Happiness Action Plan

Select one or two intentional activities—thoughts and/or actions—that you will act on. You may:

- Choose an activity that fits a source of unhappiness.** If you multitask, you might work on focusing and getting into flow. If you tend not to have great relationships at work, you might invest more time getting to know people.
- Choose an activity that fits with your strengths.** This basically takes the opposite approach. If you are already good at pursuing meaningful goals, do more of it. If you are already good at expressing gratitude at work, do more of that. Whatever sounds most natural and easy to you, do more of it.
- Choose an activity that fits with your lifestyle.** If you don't have any time to spare, you might choose an activity that doesn't take any extra time, like avoiding multi-tasking or focusing on the positive.

My Personal Happiness Activities: To be happier I will do the following things repeatedly:	When and where I will act on this: