



Creating a Personal *Happiness* Plan

Similar to a thermometer, rising and falling with life's ups and downs, happiness fluctuates. The goal is to maintain a balanced level of happiness akin to "room temperature". When happiness becomes unbalanced, it can be beneficial to employ coping skills—like opening a window or turning up the heat—to restore equilibrium. Coping skills and balance can be acquired through self-exploration, research or counseling. Finding and balancing happiness is not instinctive, it's learned. Don't be discouraged if you haven't yet found success. The EAP is a great starting point in your search for balanced happiness. The following tips aim to assist in building your very own happiness plan. **Reach out or visit [EAP4YOU.com](https://www.EAP4YOU.com) for additional support.**

Tips for Creating Happiness:

- **Find Meaning and Purpose:** Identify activities and pursuits that give your life meaning and purpose. Whether it's volunteering for a cause you're passionate about, pursuing a creative outlet, or engaging in work that aligns with your values, find ways to contribute to something greater than yourself.
- **Prioritize Self-Care:** Make self-care a priority by incorporating activities that nourish your mind, body, and soul into your daily routine. This care could include exercise, meditation, spending time in nature, journaling, or indulging in hobbies you love.
- **Set Boundaries:** Setting boundaries can range from turning off notifications on your phone after a certain time at night, limiting how much interaction you have with peers who seem to drain your emotional energy, standing up for yourself in a toxic relationship/connection or giving yourself scheduled down time from tasks you have full management over. Peace from stressful environment's means more internal happiness.
- **Set Clear Goals:** Define specific, achievable goals that align with your values and aspirations. These goals can be related to various aspects of your life such as relationships, career, personal growth, health, and leisure. Pursue opportunities for personal and professional development that challenge you to learn new skills, expand your knowledge, and grow as an individual. Embrace curiosity and remain open to new experiences and perspectives.
- **Nurture Relationships:** Invest time and effort into building and maintaining meaningful connections with friends, family, and loved ones. Foster open communication, empathy, and support in your relationships, and surround yourself with people who uplift and inspire you.
- **Cultivate Gratitude:** Practice gratitude regularly by acknowledging and appreciating the positive aspects of your life. Keep a gratitude journal. Jot down things you're thankful for each day, or simply take a moment to reflect on the positive things in your life.