

“HAPPINESS”



“Happiness” is a welcomed state, which always seems to correlate so nicely with spring.

This spring, it may help to take a look at what happiness is, and how we can enhance it. Laurie Santos sheds some light on what can increase happiness and well-being during an interview with CNN Health. She is the psychology professor who created the hugely successful “happiness course” for Yale University. The course explores what drives happiness from a psychology and neuroscience perspective; as well as challenging students to implement behavior changes in regards to happiness and well-being.

During the interview with CNN’s Christine Amanpour in March, Santos talks about finding happiness during these unique times of social distancing. She indicates that although in-person social connections contribute to happiness, healthy practices and routines can also offer a means for happiness in our lives. Simple acts such as living in the moment and taking time for gratitude can make us happier.

For more about Laurie Santos, including a video on her tips on how to handle isolation through coronavirus, click here: [CNN Health Link](#)

You can also listen to her popular podcast here: [The Happiness Lab](#), including the very helpful April 9, 2020 podcast: *Coronavirus Bonus: Laurie’s Personal Tips*

In addition, if you are interesting in the happiness course, it is offered online for free through Coursera. Click here to register:

[The Science of Well-Being Course, offered by Yale](#)

For a happiness boost, go to the [WSHG Gratitude/Happiness Board](#) to share what you are grateful for, inspirational quotes, humor or any bit of happiness. Click here to view, and share if you would like, gratitude and happiness of fellow WSHG members:

[WSHG Gratitude/Happiness Board](#)

For information on coronavirus from your health care providers, click here:

Fallon: [Information About Coronavirus](#) Harvard Pilgrim: [FAQs on Coronavirus](#)

Tufts: [Coronavirus Updates](#) Blue Cross Blue Shield: [Coronavirus Updates](#)