

# EMPLOYEE NEWSLETTER



## 7 Habits Happy People Have\*

What are the specific behaviors that make human beings happy? People can go from feeling down in the dumps to being on top of the world in a matter of weeks, simply by making subtle, effective changes to their daily habits.

Not surprisingly though, once these people get it figured out, their 'happiness habits' become second nature to them, and thus, they never talk about them. Bystanders may witness their public displays of contentment, but remain clueless as to the source of their happiness. So, that is precisely what we want to discuss today – the habits happy people have but never talk about.

**They do not** get caught up in other people's drama – they never, ever create unnecessary drama, and do not put up with those who spew drama their way. The happiest people care less about what random people say about them, especially if their remarks are rude. In fact, happy people are often thankful for all the rude, obnoxious, and difficult people they meet in life, because these people serve as important reminders of how NOT to be. They simply smile and walk the other way. Challenge yourself to follow in their footsteps.

**They give (love)** to others whenever they are able - while giving is considered an unselfish act (and, it is), giving can also be more beneficial for the giver than the receiver. In many cases, providing social support is actually more beneficial to our happiness than receiving it. Happy people know this, which is precisely why they are always looking for ways to help others, while unhappy people stand around asking, "What's in it for me?"

**They leave space** to love themselves too – the most painful thing is completely losing yourself in the process of loving someone else too much, and completely forgetting that you are special too. Yes, nurture others, but do not forget about yourself. Happy people know self-love is not selfish. They put their needs first because they see the power of showing up fully for others. When you take care of yourself, you are better able to help the people you care about. If you sacrifice all your needs in order to help them, you are only showing up as a shell of your true self.

**They sincerely practice** gratitude – gratitude is arguably the king of happiness. The more a person is inclined to gratitude, the less likely he or she is to be depressed, anxious, lonely, envious, or neurotic." Bottom line: Consider how very fortunate you are. Consider it every day. The more you count your blessings, the more blessing there will be to count and the happier you will be.

**They develop strategies** for coping in hard times. – a happy life and a meaningful life are not necessarily the same thing. It is hard to be happy when tragedy strikes, for instance. But, who lives longer and fares better after problems? Those who find benefits in their struggles. How you respond to the hard times is what shapes your character. Remember, you become what you believe. Look at things objectively. Find the lesson and move forward. Do not let a hard lesson harden your heart for too long.

**They are focused** on the present – never let your past dictate who you are today, but let it be a lesson that is part of who you will become tomorrow. No regrets. No looking back in anger. Just hold on to life and move forward. We have no way of knowing what lies ahead, but that is what makes the journey even more exciting – that is what makes life worth living today. Happy people know this, and that is precisely why they make the most of the present.



**They dedicate time** to meaningful pursuits – when the Guardian recently asked a hospice nurse about the top regrets of the dying, one of the most common regrets was that people regretted not being true to their dreams. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people do not honor even half of their dreams and end up dying knowing that it was due to choices they made, or did not make. Good health brings a freedom very few realize, until they no longer have it. As they say, there are seven days in the week, and ‘someday’ is not one of them.

*\*1000 Little Things Happy Successful People Do Differently, Marc and Angel Hack Life*

If you are struggling with any of these points, know that you are not alone. Many are right there with you, working hard to feel better, think more clearly, and keep their lives on track by living a life free of unnecessary headaches and heartache. ***If you would like to discuss this further or have other issues in your life that may be holding you back from being the best individual you can be, consider scheduling an appointment with a FEAP consultant. FEAP services are free to employees and their family members. Consultants are available Monday – Friday. Scheduling an appointment is easy.***



FACULTY *and* EMPLOYEE  
ASSISTANCE PROGRAM

If you have other questions about therapy or other services provided by FEAP, please give us a call. 434.243.2643 or visit our website: [www.uvafeap.com](http://www.uvafeap.com).

---