



The Healthy Brain/Body Aspects of Choosing Happiness

Ann Ewen



Top 5 Actions for Happiness

1. Purpose in your life
2. Self acceptance
3. Strong social relationships
4. Feeling of control
5. Gratitude



IF YOU'RE HAPPY AND YOU KNOW IT!

If you're happy and you know it, clap your hands! XX

If you're happy and you know it, clap your hands! XX

If you're happy and you know it, *then your face will surely show it!*

If you're happy and you know it, clap your hands! XX

QUESTIONS FOR BREAK-OUT DISCUSSION

Think of something you possess that's materially insignificant and emotionally extremely significant. What is it? Share why it's important, its meaning and who you think of in connection with it.

What is your earlier remembrance of being happy? What were you doing/who were you with? In the last week/month, what was one of your happiest experiences that comes to mind?

How can you be sure that your relationships with your spouse, children, extended family and close friends become an enduring source of happiness? What can you do to ensure that?

