

Don't Worry, Be Happy

Research shows that chronically happy people are, in general, more successful across many areas of life such as work, relationships and health. This is because happy people frequently experience positive moods that prompt them to work more actively toward achieving new goals and building new resources.

When people feel happy, they tend to exude confidence, optimism and energy. Others find them likable and sociable. This positive perception by others along with a positive self-image reinforce the happy person's well-being, leading to greater creativity, a stronger immune system and better coping skills.

At the same time, happy people experience sadness and negative emotions in response to adversity, which is healthy and appropriate.

Being happy is a choice. We tend to avoid people who give off negative "vibes" or attitudes of "entitlement". What vibes and attitudes are you sending out? It is so important for you to spend time with people whose example will help you to develop a more positive attitude.

EASE encourages you to live a happy life, filled with purpose and joy. EASE counselors are available to help you along the way by calling 800/882-1341.



“Strength is the courage...to reach out!”