

The New Years Resolution You'll Be Happy to Keep



Instead of recycling the same old resolutions, how about taking on a different challenge for 2010? Make it your goal to increase your happiness. We've got the research to help you reach it.

Research in the field of Positive Psychology, founded by Dr. Martin Seligman, has identified three main factors that are closely tied to the concept of "**happiness**".

These include:

1. **Positive Emotion.** When you think of your past do you experience contentment or pride? When you think about your future do you feel optimistic, hopeful, and confident? How often do you experience pleasure and satisfaction in the present? Learning the skills to increase the amount, intensity, and duration of the positive emotions you experience is one way to increase your level of happiness.
2. **Engagement.** How often do you experience a sense of "flow" or being lost and engaged in an activity? Are you aware of your talents and strengths and do you have the opportunity to use them on a regular basis? Happiness has been linked to leading a life that pursues engagement, involvement, and absorption in work, relationships, and leisure.
3. **Meaning.** What is a life well lived for you? What would you like to be remembered for most? Studies have shown that feeling that you belong and are contributing your special talents to something bigger than the self (e.g. family, community, religion, politics, nation) is associated with a greater degree of happiness.

So consider making 2010 the year you resolved to make time to explore the role of these three factors in your life and develop a plan to be your happiest self going forward. Nothing to give up, so much to gain!

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Need some help?

For more information or to book an appointment,
call 416.760.8280 or email us at info@physioplushealth.com.