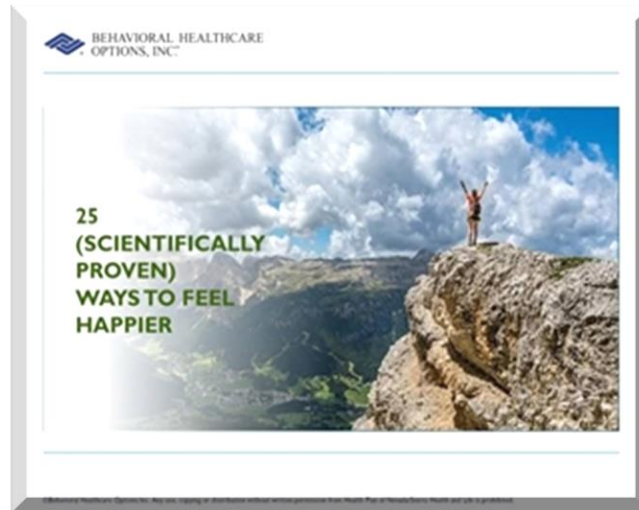


25 Ways To Be Happy - Recorded Training



25 (Scientifically Proven) Ways to Feel Happier

Not only is happiness one of the most positive emotions we can experience, but being happy is also the key to a fulfilled, healthy life. Also, it helps that happiness is linked to living longer, how hard we work, physical function as we age, and an improved immune system, among other health benefits. In this training participants will learn:

- Their own unique definition of happiness
- Factors that influence happiness
- 25 specific strategies to increase happiness and the science behind them

<https://www.brainshark.com/uhc/25WaystobeHappy>

The duration of this content is 00:14:45.



*For more information or to make a confidential appointment with an EAP counselor, call Behavioral Healthcare Options at **800 873-2246***

