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5 things that will make you happier

Research suggests you can boost your mood through certain practices

By Clara Moskowitz
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The pursuit of happiness is sometimes easier said than done.

Some scientists have argued that happiness is largely determined by genetics, health and other factors mostly outside of our control. But recent research suggests people actually can take charge of their own happiness and boost it through certain practices.

"The billion-dollar question is, is it possible to become happier?" said psychologist Sonja Lyubomirsky of the University of California, Riverside. "Despite the finding that happiness is partially genetically determined, and despite the finding that life situations have a smaller influence on our happiness than we think they do, we argue that still a large portion of happiness is in our power to change."

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Lyubomirsky spoke here Saturday at the annual meeting of the American Association for the Advancement of Science. She and colleagues last year reviewed 51 studies that tested attempts to increase happiness through different types of positive thinking, and found that these practices can significantly enhance well-being. The results were published in the Journal of Clinical Psychology.

Here are five things that research has shown can improve happiness:

1. Be grateful: Some study participants were asked to write letters of gratitude to people who had helped them in some way. The study found that these people reported a lasting increase in happiness – over weeks and even months – after implementing the habit. What's

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even more surprising: Sending the letter is not necessary. Even when people wrote letters but never delivered them to the addressee, they still reported feeling better afterwards.

2. Be optimistic: Another practice that seems to help is optimistic thinking. Study participants were asked to visualize an ideal future – for example, living with a loving and supportive partner, or finding a job that was fulfilling – and describe the image in a journal entry. After doing this for a few weeks, these people too reported increased feelings of well-being.

3. Count your blessings: People who practice writing down three good things that have happened to them every week show significant **boosts in happiness**, studies have found. It seems the act of focusing on the positive helps people remember reasons to be glad.

4. Use your strengths: Another study asked people to identify their greatest strengths, and then to try to use these strengths in new ways. For example, someone who says they have a good sense of humor could try telling jokes to lighten up business meetings or cheer up sad friends. This habit, too, seems to heighten happiness.

5. Commit acts of kindness: It turns out helping others also helps ourselves. People who donate time or money to charity, or who altruistically assist people in need, report improvements in their own happiness.


Lyubomirsky has also created a free iPhone application, called **Live Happy**, to help people boost their well-being.

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