

# Open the Door to Your Own Happiness

by Susan Fletcher, Ph.D.

Habitually happy people have creative, independent and adventuresome spirits - they appreciate other people, especially those with differences that they can learn from. People in the [Smart Zone](#) experience general happiness and contribute to a positive work environment. Even if "Don't Worry be Happy" isn't your company theme song, here are some smart tips for opening the door to happiness in your organization:

- **Use technology to connect to people - not to disconnect.** According to scientist Alvin Weinberg, "Technology makes it easier and easier to disconnect from other people, and from ourselves." Remember that human interaction can boost your mood. Make it a rule that if an email is more than 2 paragraphs that you will pick up the phone and call instead.
- **Finish what you start.** Research shows that when we are disciplined and deliberate with projects that it has an 18% positive effect on happiness. It's not always easy to be conscientious and finish a large task - but we feel better about ourselves when we have the sense of accomplishment.
- **Share a silly moment.** "Laughter may be the shortest distance between 2 brains," says Daniel Goleman in his book *Social Intelligence*. Think of the immediate sense of closeness you get with someone when you share a nice hearty laugh
- **Know what makes others happy.** Happy people are attuned to the emotions of others. Try these ideas: headed to meet with a client? When you grab yourself a Café Latte on the way to the meeting buy one for your client also. Did you eat lunch out today? Order an extra dessert to bring back for a co-worker. Spent a few days out of the office where your co-workers had to cover for you? Bring them back a small gift from your time away - it can just be a pen from the hotel or a whimsical trinket from the airport gift shop.
- **Smile.** You can actually trick your brain's neurotransmitters into thinking you are happy with a smile. When you smile at people they typically smile back - it's a natural reflex to mimic the facial expressions of others. If you are in a bad rut, clench a pencil in your teeth and you will force your face into a smile. This will subtly evoke a positive feeling. Try it!

Just for fun, [take this short happiness quiz](#).

Do you have 1 of the [Top 10 Happiest Jobs](#)?

Susan Fletcher, Ph.D. is a psychologist, author and speaker who specializes in helping individuals, professionals and organizations apply strategies for fast improvement. Her Smart Zone™ strategies provide ways to be a top performer at work and home. To learn more about how to be in the Smart Zone™ please visit her website at [www.SmartZoneExpert.com](http://www.SmartZoneExpert.com)

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