

# EAPerspectives

▶ Volume 13-1

## Happy Is As Happy Does

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**I**t seems there has been an explosion of things being written about Happiness in the media. Coincidentally I wrote an article for our E-tips last August, entitled "It's Up To You", which boils down to It's Up To You *and Only You* to be happy. Other people, things, jobs and circumstances just won't make you happy. I know you know that already, but we still seem to get caught up in it and perhaps blame those other people, things, circumstances and jobs when we feel unhappy.

Happiness is a decision. You must make up your mind to develop your happy skills. Here are some of the skills you can work on:

**Optimism:** this is easier said than done if you tend to see the glass as half empty. You can adopt an optimistic attitude when you realize you have a choice for each little event, so

start small and see how good it feels. All of the following will help your optimism quotient.

**Adopt a "We'll see" attitude:** avoid jumping to negative conclusions. Ask yourself, "Good thing or bad thing? We'll see." You don't really know how that event will turn out in the long run.

**Let go of control:** specifically of things that are out of your control and things that are not important.

**Be With Happy People:** avoid negative people

who are always complaining. Happy people are contagious.

**Gratitude:** take time each day to focus on the blessings of your life. Write them down.

**Live Well With What You Have:** make conscious choices about spending money so that you

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### Happiness Resources:

**Books:** *The Happiness Project* by Gretchen Rubin. A New York Times Bestseller

*Learned Optimism: how to change your mind and your life.* By Martin Seligman

**Website:** [http://www.happiness-project.com/happiness\\_project/](http://www.happiness-project.com/happiness_project/)

If you want to read some articles on Happiness, we have collected quite a few at Solutions. Just give us a call!

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## Happiness ~ continued

get what you need and then examine your priorities for the rest. The good things in life really are free. Find them and enjoy!

**A Connected life:** invest in relationships. Good solid, supportive relationships with family, friends and co-workers will pay off for years to come.

**A Purpose in life:** continue your personal growth educationally, spiritually, culturally. Cultivate and explore your passions.

**Empathy & Charity:** understanding the plight of others and responding to their needs will help you feel better about yourself.

**Humor:** look for light, fun and upbeat things to inject into your day. Find humor in all situations and laugh at yourself.

**Positive Self-talk:** What you say to yourself determines how you look at life.

**Practice:** all of this takes practice. Remember, changing behavior and attitudes takes time and occurs in small steps, so be patient and OPTIMISTIC!

## Happy in Love



Valentine's Day is just around the corner and of course, our love life or lack of it has a great deal to do with our HQ (Happiness Quotient) so here are some suggestions to improve the happiness in your relationship:

1. **Do the little things** — small unexpected gestures, a quick love note, helping with a boring task, compliment your partner, make a date, even for daily things to stay in touch.
2. **Be unpredictable** — be creative and spontaneous. Think of 3 things your partner would like, pick one and do it now.
3. **Give your partner space** — let your partner be who they're meant to be. They'll be happier and so will your relationship.
4. **Try a little tenderness** — don't judge or place blame, this will only create distance.
5. **Try the "my way/your way" 1 month trial** — For two weeks you make every decision, then switch. You'll be surprised at the insights it gives you!

## Are Your Headaches from *Stuffing Anger?*

**A**ccording to psychology researcher and migraine treatment expert Robert Nicholson, Ph.D., anger is more responsible for people's headaches than anxiety is. Anxiety, smells, and allergies are headache triggers, too, but anger management may be one of the least suggested treatment approaches for those who suffer from chronic headaches. Those who suppress anger may find new hope by examining their anger management skills. Admitting to an anger management issue is not an easy thing to do. Everyone must manage this human emotion. It's normal to get angry, but society doesn't treat it that way. That may explain why the approach is pursued less often than other treatments that may be less psychological in their origins. If you suffer from chronic headaches, consider examining your anger management style more closely. Your employee assistance professional or health care provider can provide an assessment or refer you to one.



## Teaching Teens about Debt

**H**elp your children to grow up to be savvy about the hazards of debt and credit. Consider starting with keeping track of pocket change and learning lessons of managing a savings account. Be cautious, however, if you decide to co-endorse a debit or credit card. There is an explosion in teen-created debt, and only 26% of teens know how finance charges on credit cards work. Internet vendors are aware of this fact, making the teen market a key target for them. Note: Most teens still can't pass the National Financial Literacy Challenge, a 35-question financial competence exam offered by the U.S. Department of the Treasury at the recommendation of the President's Advisory Council on Financial Literacy. The average score for 2008 was only 48%, the lowest in its 10-year history. Source: [jumpstartcoalition.org](http://jumpstartcoalition.org)

