

5 Proven Tools To Increase Your Happiness

Positive Psychology Tools with the Biggest Bang for Your Buck

By Dr. John Schinnerer

1. Become a Capitalizer

Shelley Gable at UCLA has shown that one of the keys to transforming good relationships into great ones is to learn the skill of capitalizing on the good news of others. The best response to others' good news is to feed off their excitement, ask questions and show genuine interest, creating a positive upward spiral.

2. The Blessings Exercise

Every 3-5 nights, write down 3 things that went well that day and why they went well. It's a very simple yet powerful way to begin to shift your thinking from what you lack to what you have. It works as well as a mild antidepressant in 2 weeks time.

3. Take a Walk Outside

Spending 20 minutes a day nature, surrounded by trees, birds, flowers and fresh air increases your vitality, mood and happiness. It even boosts your immune system functioning.

4. Rekindle Your Sense of Humor

Cultivating your sense of humor helps people stay healthy and increases your chances of living past the age of 70. And people like to be around others who are quick to laugh. You can even work at improving how frequently you amuse yourself. It's all about how you think. Train yourself to see routine situations in new, creative ways.

5. Build a Mental Scrapbook

Reliving memories of enjoyable times increases happiness. It's as simple as focusing your attention on past, positive events (e.g., wedding, vacation, ceremony, birth, sporting event, etc.). Take a mental note when something wonderful happens now so you can revisit it and dwell on it later.

About Dr. John

Dr. John Schinnerer coaches men to success AND happiness at work AND at home. Dr. John is the host of The Evolved Caveman podcast - to assist men to evolve past caveman status. He graduated from U.C. Berkeley with a Ph.D. in educational psychology. He was an expert consultant for Pixar's Inside Out. He has spoken to organizations such as Stanford Medical School, entrepreneurs in Hebei, China, U.C. Berkeley, Kaiser Permanente, Sutter Health and UPS. He has been featured in national media such as U.S. News and World Report, Readers Digest, and SELF Magazine. Dr. John has worked with Army Rangers, Navy Seals, first responders, entrepreneurs, and executives from dozens of Fortune 500 companies. He wrote the award-winning book, "How Can I Be Happy?" His areas of expertise range from high performance, to stress management, to positive psychology, to anger management, to creating happy, thriving relationships. Over 10,000 people have taken his online anger management course. He recently recorded 2 mini-courses on anger management and forgiveness for Simple Habit; they have been listened to over 85,000 times in the first year. Visit GuideToSelf.com or TheEvolvedCaveman.com to learn more about Dr. John.