



## Happiness Quick-Fixes

(excerpts from Psychology Today; The Top Happiness Quick-Fixes by Raj Raghunathan, Ph.D)



Happiness quick-fixes come with some caveats. 1) Merely reading about them is not going to fix your funk. You are going to have to actually engage in them to reap the benefits. 2) the activities on the list are likely to give you at least a modest mood-lift. Some of the activities will work better for you than others. 3) Do not evaluate the effectiveness of a quick-fix until you are done executing it.

- **Engage in physical activity.** The activity needs to be vigorous enough get your heart pumping and your mind distracted from your negative ruminations. If you are like most people, you are unlikely to want to get off your butt if you are feeling down. But, as the Nike slogan says, "Just Do It!" You are guaranteed to feel better after a workout.

- **Hang out with friends.** Friends make you happy! When we feel down, we typically don't want to interact with others. This is partly because we don't want others to see our negative side, but it's mostly because we don't think that hanging out with others is really going to help us feel better. Our mood improves after we socialize, especially if the people with whom we socialize are happy and likable. Call one of the "favorites" on your smart phone and make a plan to meet. Tell them about what is troubling you to get you started—even a short chat with a close-friend can significantly improve your mood.

- **Dress to kill.** Human beings are highly social creatures, which means that we worry a lot about what others think of us. When we believe that others view us positively, we feel good, and when we believe that they view us negatively, we feel bad. One way to make yourself feel good is to wear your best clothes and perfume or cologne and venture out in public. When you look and feel good, you are likely to believe that others view you positively and this will make you feel good.

- **Revisit positive memories.** Reliving the "good old times" can be a surprisingly effective mood-booster. Our existence in the virtual world—e.g., on social media websites allows us to revisit our past even more effectively, given that many of our cherished memories and experiences are merely a "click away".

- **Watch a funny or touching video.** Some people prefer funny videos and others prefer heart-warming ones. Even short exposure to a positive video can significantly boost happiness.

- **Talk to an older person.** The elderly deserve our respect because they have "been there, done that." They have many valuable lessons to share. No one can put things in perspective like the elderly can. Talking to them will help you discern the important from the merely urgent and will also help you not sweat the small stuff.

- **Tick something off your "to do" list.** People get an "energy boost" by accomplishing goals and this can, in turn, make them feel good. If you don't have a things to do list or can't think of something you could easily scratch off, don't worry. Just do something simple and easy—like depositing a check or washing a cup—and you'll be on your way to feeling good.

- **Do a small act of kindness.** Perhaps the most powerful determinant of how we feel is the story we tell ourselves about who we are. The more we believe that we are effective and successful, the better we feel—which is why ticking something off your list works. Act like a large-hearted and generous person. Perform a small act of kindness such as, rescuing a kitten from a tree, or giving left-over food to a homeless person. Even simply smiling or saying "good morning" can pick up your mood.

- **Venture into nature.** Most of us like being in nature. Hike up a hill or walk in a park or various other "nature-oriented" things. Many people are skeptical that being out in nature is going to do anything good. Once they have experienced being outside, most come away wanting to get out more in nature in the future. You don't need to go on a retreat to reap the benefits of being out in nature. A short hike or a picnic in a park can help you feel good.



## What Is The Employee Assistance Program (EAP)?

Many of us face painful, challenging personal problems at some point in our lives. The Employee Assistance Program – EAP offers free, professional, confidential help for employees and their families when a personal problem develops.

### How Do I Know When I Really Have A Problem?

We all have ups and downs. It's not always easy to decide when to ask for help. Your EAP representative can help you determine whether you need to take action. Remember, it's better to deal with a problem before it becomes overwhelming.

Ask yourself these questions.

- Do I think about the problem frequently or, am I always worried about the same thing?
- Am I just telling myself the problem "isn't that bad and it'll just go away," but it doesn't?
- Do I feel tired, frustrated, depressed, angry or sick?
- Is my job performance or dependability being affected?
- Do I feel like giving up?



### What Services Does The EAP Provide?

Your EAP coordinator will work with you to find a resource that most appropriately addresses your situation, and to develop a plan of action to meet your needs. The EAP representative will also follow up with you to ensure that you are getting the help you need and that you are satisfied with the referral. Your EAP representative contact information appears below:

## IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinators. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

### CLE IAM EAP Coordinator

Patty Levstik

E-Mail: [pattylevstik@gmail.com](mailto:pattylevstik@gmail.com)

IAM EAP Midwest Region Representative:  
Mark Sanderson

(773)-601-5081 E-Mail: [msandersoneap@gmail.com](mailto:msandersoneap@gmail.com)

### IAM EAP Calendar

### 2017 EAP I-IV

### Classes

William W. Winpisinger Education  
and Technology Center

### EAP I

February 19-24

October 1-6

### EAP II

April 9-14

### EAP III

June 25-30

### EAP IV

September 17-22