

5 Simple Practices to Boost Your Well-Being During Uncertain Times

by Nataly Kogan, founder & CEO of happier

These science-based skills and practices will help you manage stress and support your well-being during challenge and uncertainty.

● Embrace Your Stress: Acceptance

- Set aside 5-10 minutes to allow yourself to feel stressed.
- Consider writing out what you feel, without judgement or need to fix anything. When your time is up, pause, reflect on what you've written, and allow yourself to move on to something else.

Acceptance of our situation and feelings, especially when they're difficult, allows us the clarity to make better decisions about how to move through them.

Research shows that acknowledging a difficult feeling immediately reduces the intensity with which we feel it. It allows us to shift from the fight-or-flight part of our brain to the thinking, rational, planning part and witness our emotions with more clarity.

● 10-Minute Self-Care Reset: Self-Care

- Schedule a regular 10-minute break during your day. Ask yourself: "What is fueling or restful that I can do right now?"
- and then do that for 10 minutes. It can be really simple, from taking a quick walk, closing your eyes and just focusing on your breath for a bit, or grabbing a cup of tea and drinking it without multitasking.

Taking a short break can help you clear your mind, catch your breath, and leave you feeling more energized and ready to tackle the next part of your day.

Regular breaks have been shown to dramatically increase focus and productivity while doubling your sense well-being.

● To-Do List Makeover: Bigger Why

- Identify a few to-dos on your list and ask "Who does this help?" Then, come up with the answer and be specific—when you get this task done, who will benefit from it?

We derive a sense of meaning when we connect what we do to how it helps others or contributes to something greater than ourselves in some way.

Research shows that having a sense of meaning increases your motivation to get things done, boosts your resilience, and helps you get through challenges and manage stress.

● Infuse the Good: Gratitude

- Every day, in the morning, write down 3 specific things you're grateful for in that moment before you check email or social media. You might even want to send an email with your 3 gratitudes to a friend, family member, or colleague and inspire them to practice gratitude, too.

Intentionally infusing yourself with this dose of positivity before the energy of work, the world, or negative thoughts takes over, significantly improves how your day goes, including how you feel and your productivity.

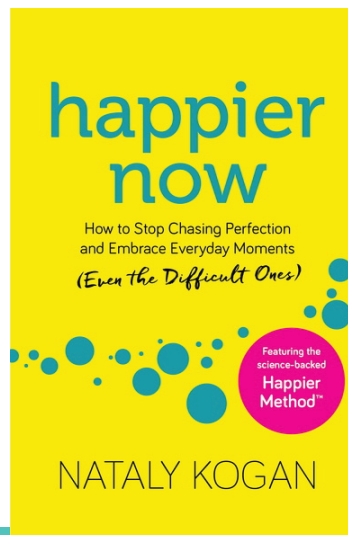
Thousands of research studies in the field of positive psychology have shown that a gratitude habit makes you happier, helps regulate your mood, stimulates the brain's reward and pleasure centers, and increases your ability to cope with everyday stresses and traumatic life events.

● Blast Your Stress: Intentional Kindness

- Schedule one small act of kindness every day. This ritual can be as simple as a check-in text to a friend, scheduling a brief call or video chat with a colleague to catch up, or putting "do something small and kind" on your to-do list as a reminder.

Even the tiniest act of kindness, such as uninterrupted listening, gives you a positive boost—and it brightens the day of someone you care about.

There's research to back this up: Every kind act causes your brain to release oxytocin, which makes you feel better, and these small, positive interactions help you feel less alone in your stress and improve your well-being.



To learn more, grab a copy of **Happier Now** by Nataly Kogan.

To discover more ways to practice living happier -- videos, daily rituals, the 5-minute Happier Workout™ -- so you can thrive in your life and be Happier @ Work™, check out our website:

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