# 2-MINUTE guide to happy

Happiness lies in small habits—and those small habits can boost your mood, relationships, productivity, and creativity, says Shawn Achor, author of *The Happiness Advantage* (2010). Here’s the most powerful habit he has studied so far:

**#1 happiness habit**
- In two minutes, write a positive email or text praising or thanking someone you know.
- Do this for a different person each day.

**Why does this work?**
- You will receive appreciative emails and texts in return.
- You will be perceived as a positive leader.
- You will boost your “social connection”—the greatest predictor of long-term happiness.

“I do something called social investment. I’m constantly investing in people around me, especially when I feel stressed, sad, or lonely, instead of doing the opposite, which is what most people do.”
—Shawn Achor, co-founder of GoodThink, a consulting and training organization that promotes evidence-based happiness strategies

Source: Schulte, B. (2015, June 29). Do these exercises for two minutes a day and you’ll immediately feel happier, researchers say. Washington Post.

Need a visual guide to not stressing out? It’s in *Student Health 101*, October 2016.