

Quick Happiness Hacks

FOR WORK AND LIFE

These tips can bring happiness to your work day (pre-, post- and during) and require minimal investment of time and money.

PRESENTED BY:



Isabeau Iqbal, PhD

BE YOUR BEST PROFESSIONAL SELF

Look

at something beautiful

Put a beautiful object or small piece of art or other visually attractive item on your desk, or shelf, or in your office--and contemplate it. Looking at a beautiful object can elevate your positive emotions (Delistraty, 2014).



Catch

someone in the act! (of doing something right)

“Caught in the Act!” is a practice whereby you verbally, and/or in writing, bring attention to a colleague’s contribution. It needn’t be a “big deal” contribution--it can be anything that you appreciate. My process: I share my appreciation with my colleague and sometimes follow up with an email cc’d to the individual’s manager. When we celebrate what’s going right, and focus less on what’s going wrong, we create a more positive work environment (Taylor, 2012).

Smile

even if it is fake

Research shows that smiling, even a fake smile, produces a physiological reaction that can trigger happy feelings (Layton, 2018). Clearly you don't want to be walking around with a fake smile plastered to your face all day, but if you're feeling blah or down, try a fake smile for a rapid boost. I've found that the mere act of doing this makes me feel silly, and that often makes me smile for real.



Use

a well designed tool or object that is both beautiful and functional

A pen that feels good to hold or write with, a notebook you delight in opening, a mug you're fond of cradling, a device (e.g., computer or phone) you 'love'--these can boost happiness. Well-designed objects that are both beautiful and functional can trigger positive emotions, such as calmness and contentment, and can reduce negative feelings like anger and annoyance (HTC Report, nd). One of my everyday favourite functional/beautiful objects is my aerolatte®.

Hug

more, hug often

This may not be something you'll do at work, but--if you have the right people in your home environment--it is a great thing to do as you leave or get back home: give a BIG, loooooong (6-12 seconds), frontal hug using both arms. A good hug releases oxytocin ("the love hormone") and gets it flowing in your body. Oxytocin not only makes you feel more happy, but it also lowers blood pressure and cortisol (the stress hormone) (Holmes, 2017).



Photo credit: Kashmut

Sing

(yes, even you!)

Remember oxytocin mentioned in hugging? Well anytime you sing, you fire up the right temporal lobe of your brain, and this releases endorphins including oxytocin (Launay & Pearce, 2015). The result: an elevated state of pleasure, bonding and love. Nobody has to hear you, unless you want them to! Sing as you walk from the bus stop or parkade to your office. I often sing on my cycle to work.



Spritz

a little essential oil into the room

Given that many workplaces are scent-free, this might be something you need to save for when you get home: Put 10-15 drops of essential oils (I like Orange or Lavender) into a small spritz bottle and spray into the room and above your head. When a smell enters the nasal cavity, it meets receptors that convert its presence into a message which is sent to areas of the brain that control emotions. Certain oils trigger a sense of calm, or joy or happiness (Esoteric oils, 2018). Choose according to your needs. I have a few different bottles on the go.



Photo credit: Honolulu Media



Bonus

and gendered tip: Unhook your bra

Need I say more? I feel good just thinking about that.

If you

are ready to have more fulfillment and joy
in your work and career and you want some
personalized help, please contact me.

Visit my website to learn more or email me directly.



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Note: To save space, I have not included references in this document. Please contact me if you would like these.