

Top Insights from Laurie Santos' YMI presentation, "The Science of Well-Being"

1. Happiness is Still Important in Challenging Times
2. We Can Harness the Power of Post-Traumatic Growth
3. Make Time for Making Social Connections
4. Helping Others Makes Us Happier Than We Expect
5. Make Time for Gratitude Every Day
6. Move Your Body to Feel Better
7. Prioritize Healthy Sleep Hygiene
8. Be in the Present Moment and Savor the Good Things
9. Be in the Present Moment Even If It Sucks
 - Use the R.A.I.N method:
 - Recognize What Is Happening
 - Allow Feelings to Be Just As It Is
 - Investigate With Interest and Care
 - Nurture With Self-Compassion
10. Become Wealthy in Time Not Money