

August 7, 2023 - Monday Night Epicurean Happy Hour

Post by “Kalosyni” of August 7, 2023 at 6:06 PM

There is a strong thunderstorm on its way, and just in case I can't present tonight during our Happy Hour Zoom, here are some slides:



What Do Happy People Do?



In a study cited in the *Journal of Research and Personality*, happier people smiled more frequently, acted playful and behaved cheerfully, while unhappy people expressed criticism or guilt, or acted irritated or anxious.

In an online article titled "*The #1 thing to change to be happier*" - Dr. Robert Waldinger, author of "*The Good Life: Lessons from the world's longest scientific study of happiness*", says the single most important thing to do to increase your level of happiness is to prioritize and invest in relationships with other people.

If we put these two together - smile more and consider ways improve the quality of your interactions with people, and make it a top priority to schedule time with your family and friends.