

Happiness

The Theme for this month is **Happiness**.

Happiness is that feeling that comes over you when you know life is good and you can't help but smile.

Happiness is a sense of well-being, **joy**, or contentment.

Happiness is also fleeting so when you are filled with happiness ENJOY IT!

Many nurses even found bits of happiness during the pandemic with “Clap outs,” cheering for their patients as they were being discharged from the hospital after beating COVID-19. During these happy patient discharges, songs were also played throughout hospitals celebrating another win against COVID-19. Some of the songs played were “Here comes the sun” by the Beatles, the “Fight Song” by Rachel Platten, “Gonna Fly Now” made famous by the movie “Rocky”, “Don’t Stop Believing” by Journey, and of course [“Happy” by Pharrell Williams](#).

What do you do to find happiness and joy? Like many, I find happiness and joy in my relationships with my family and friends. This pandemic has reminded me, and hopefully you too, about the importance of family and friends in our lives. Talking and laughing with family and friends over Zoom or phone calls helps keep us connected and happy.

Now see how you do on the Happiness Test -

http://www.oprah.com/spirit/take-the-happiness-test-quiz_1

Ten Happiness tips:

1. **Just SMILE ☺**
2. **Be mindful - appreciate each moment**
3. **Practice random acts of kindness**
4. **Keep a Gratitude Journal**
5. **Meditate** – Try **Insight Timer** which is a Free app with many guided meditations.
6. **Be good to your body – Get exercise and sleep**
7. **Take Your Sunshine Vitamin** - Vitamin D increases serotonin, the mood neurotransmitter.
8. **Limit caffeine** – Caffeine increases your anxiety so consider substituting your coffee with green tea which has 1/4 the amount of caffeine found in coffee.
9. **Write a gratitude letter to someone you never had a chance to thank.**
10. **Listen to your favorite happy songs**

Take time to watch the TED Talk by Shawn Achor:

https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

Lastly, follow the words of Abe Lincoln:

Folks are usually about as happy as they make their minds up to be.

Cheers and best wishes on your Healthy Nurse journey!

Sue Weaver and the Healthy Nurse Healthy New Jersey team