

Happiness and well-being

Learn how to increase happiness and why it's important

Purpose is key to our happiness

People of all ages report being happier when they have meaning and purpose in their lives. People often find meaning through raising kids, a fulfilling career, spirituality, passion projects or pursuing goals.

Happiness impacts well-being

People who are happier are more likely to be healthier. Happy people:

- + Have lower rates of cardiovascular disease
- + Get sick less often and recover faster
- + Are more likely to have a healthier diet
- + Heal faster after injuries
- + Live longer

Add hygge (“hoo-gah”) to your life

Despite long, cold winters, Denmark is often ranked the happiest country in the world. Hygge is an aspect of Danish culture that is about feeling relaxed and content. Try these tips to incorporate more hygge into your life:

- + Cook a cozy meal
- + Have a meaningful conversation
- + Take a break from technology
- + Invite friends over for dinner or coffee
- + Read more books
- + Surround yourself with things you love
- + Prioritize simplicity and organization

Tips for increasing happiness

In your everyday life

- + Practice optimism and challenge negative thoughts
- + Spend time in nature
- + Express gratitude, be kind and help others
- + Volunteer your time
- + Do your best to live in a happy place

In the workplace

- + Start your day by outlining your goals for the day
- + Focus on one task at a time
- + Take lunch away from your desk
- + Declutter your workspace
- + Celebrate success and recognize others

Take action

- + Work with a [Providence Health Coach](#)
- + Utilize science-based activities and games through [Happify](#) to reduce stress, overcome negative thoughts and build resilience
- + Listen to the [Happier](#) podcast, which includes practical advice about happiness and positive daily habits