

Boosting Your Happiness Quotient

Strengthen your inner happiness quotient (“HQ”) with our latest podcast and learn how to master mood changes and feel more in control during life’s ups and downs. With time and practice, you can discover how to tap into your HQ when your mood needs a boost.

Download **Boosting Your Happiness Quotient**, found at www.HillPhysicians.com/podcasts, and use the following tips as you listen. Before you begin listening to the podcast you may want to have a pen and paper ready to write down ideas you want to remember or use later. Then keep this guide handy for any time when your HQ needs a jumpstart!



Tips for Boosting Your HQ

- Take time to focus your thoughts on things that bring you **happiness**.
- Reflect on what is **most important** to you (i.e. your values, purpose in life, spirituality).
- Write down personal qualities or experiences that make you feel confident, capable, or relaxed.
- At the end of each day, write down 3 things for which you are **grateful** or 3 actions you took to **stop negative thoughts** from bringing your mood down.
- **Take a mini-mental vacation:** imagine being in your favorite place for a few quiet minutes.
- Reach out to a friend or make a **“buddy agreement”** with someone who can help you shift your focus when you feel stuck.
- **Create an action plan!** Be specific - include details about what you will do to boost your HQ, when, where and for how long you will do it, and if it will include someone, who that will be.

Additional Resources

Visit www.HillPhysicians.com to find **Boosting Your Happiness Quotient** and more audio and video podcasts on a variety of health topics. Visit us frequently to take advantage of new offerings designed to help you relax, manage stress, and achieve balance in mind and body. You can also register for **Hill HealthE-news** at www.HillPhysicians.com/Subscribe.

For more resources and health information, contact **Member Health Improvement** at (800) 445-5747 or health@hpmg.com.

