

The Science of Happiness and The benefits of Mindfulness Meditation

Happiness—Laurie Santos

“Strategies for a Happy Life”
nihrecord.nih.gov/2020/03/20/

Mindfulness Meditation—Sharon Saltzberg:

Real Happiness: The power of meditation

Make time for social connection	You'll spot the unexamined assumptions that get in the way of happiness
Giving is the gift that keeps on giving	You'll stop limiting yourself
Make time for gratitude	You'll weather hard time better
Make time for exercise and getting enough sleep	You'll rediscover a deeper sense of what's really important to you
Be in the present moment, notice what it feels like to be in your body right now	You'll have a portable Emergency Resource
A few minutes of daily meditation	You'll be in closer touch with the best parts of yourself
Prioritize having a little more time – both for tasks and a little more unstructured time	You'll recapture the energy you've been wasting trying to control the uncontrollable
Start with the one thing from the above list that you're not doing, or the one that seems hardest to you	You'll understand how to relate to change better—to accept that it's inevitable and possible