



Discover Happiness: Your Guide to a Fulfilling Life!



HAPPITUDE LABORATORY
M.D. UNIVERSITY, ROHTAK, HARYANA



It is a great pleasure to offer you this compilation of exercises on happiness. These exercises are based on scientific evidence and offer valuable insights into what contributes to a happy, fulfilling life. In addition, these exercises may be treated as tools to flourish and cope with difficult times in life.

We hope that the tools presented here inspire you to increase your well-being and the well-being of the people around you.



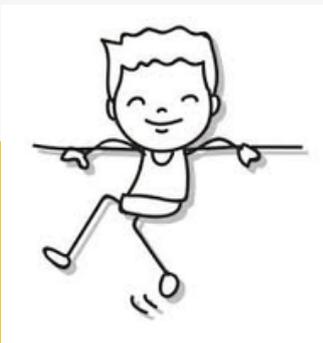
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WANT HAPPINESS? THEN...

1

STOP CHASING HAPPINESS

This practice makes happiness a reward, rather than an emotion that is deserved to be felt on a day-to-day basis.



2

BOOST YOUR HAPPY HORMONES

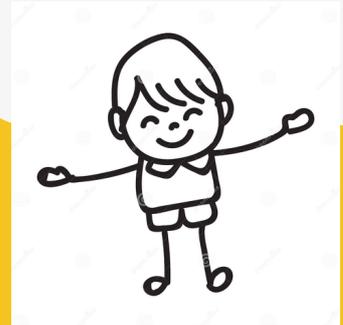
Balancing hormones like endorphins, serotonin, oxytocin and dopamine through exercise, healthy eating, adequate sleep, etc. will enhance happiness.



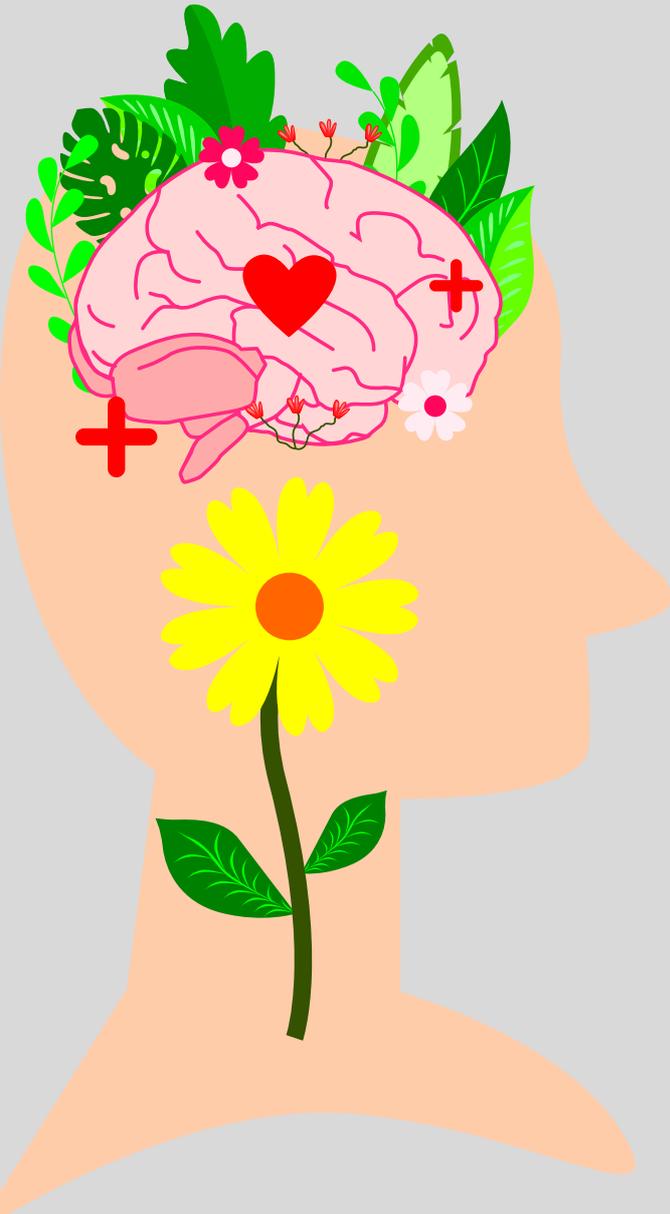
3

LIVE AUTHENTICALLY

Align your actions with your core values and beliefs. Set Personal Goals and work towards goals that are meaningful to you.



TAKING CARE OF YOUR HAPPINESS



PRACTICAL TIPS FOR EVERYDAY WELL-BEING

Gratitude Journaling

Daily Reflection: Take a few minutes each day to write down three things you're grateful for.

Visual Reminders: Keep a gratitude jar or board where you can add notes of appreciation regularly.



Self-Reflection and Relaxation

Deep Breathing: Practice deep breathing exercises to reduce stress and relax.

Journaling: Write about your thoughts, feelings, or experiences to gain clarity and self-understanding.



Acts of Kindness:

Random Acts: Perform small acts of kindness like holding the door, helping someone, or giving compliments.

Volunteering: Dedicate time to volunteer for causes that resonate with you.

Discover the path to personal happiness



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Learning and Personal Growth

Reading: Engage in books or articles that inspire, educate, or entertain.

Skill Development:

Pursue hobbies or learn something new to foster a sense of accomplishment.



Digital Detox

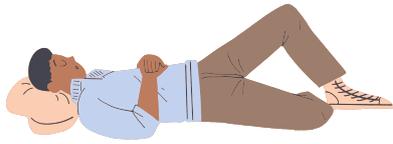
Unplug Time:

Allocate specific times to disconnect from devices and enjoy some tech-free moments.

Mindful Screen Time:

Set limits on screen time and use gadgets intentionally.

Happiness Habits



Quality Sleep: Ensure a regular sleep schedule and create a restful bedtime routine.



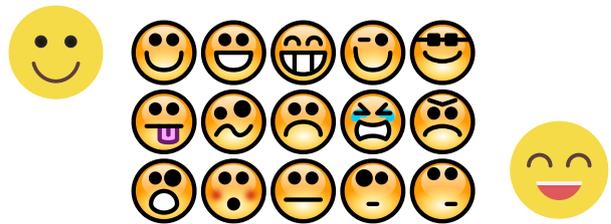
I am brave

Positive Affirmations: Repeat positive statements to boost confidence and self-esteem.



GOALS!

Hopeful Future Goals Visualization:
Imagine and visualize your goals and dreams to inspire motivation.



Manage emotions: To live a balance life manage your emotions.



Healthy Nutrition: Focus on nourishing foods that make you feel good.



Physical Exercise:
Home Workouts and Walks in Nature: Incorporate short exercises or stretches into your daily routine. Take walks outdoors to refresh and recharge.



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