6 habits of happiness worth cultivating:

**PAY ATTENTION**
Studies show that mindful people have stronger immune systems and are less likely to be hostile or anxious.

**GIVE THANKS**
Research reveals the enormous power of simply counting our blessings. Regular expressions of gratitude promote optimism, better health, and greater satisfaction with life.

**DROP GRUDGES**
When we forgive those who have wronged us, we feel better about ourselves, experience more positive emotions, and feel closer to others.

**KEEP FRIENDS CLOSE**
Social connections are key to happiness. Research indicates it's quality more than quantity: Make time for those closest to you.

**GET MOVING**
Regular exercise increases self-esteem, reduces anxiety and stress, and may well be the most effective instant happiness booster of all.

**PRACTICE KINDNESS**
Being kind to others makes us feel good. Altruistic acts light up the same pleasure centers in the brain as food and sex.