

## ANSWER KEY: Think Sheet: Strategies for Increased Happiness

1. As you watched "[Rewiring Your Brain for a Happier Life](#)", what were the three strategies that science has shown can help increase happiness?
  - Change behavior & mindset
  - Take time for social connections
  - Make time for gratitude
  
2. Near the end of the video, list the five "Keys to Happiness."
  - Kindness
  - Meditation
  - Gratitude
  - Exercise
  - Sleep
  
3. What is one way that our minds "lie to us" about what we think will make us happy? (Dr. Santos mentions three.) Do any of these surprise you?
  - 1) We think changing our circumstances will make us happier – making more money, moving, changing jobs, etc.
  - 2) We think that complaining or venting about our problems will help us feel better, but it's actually looking at blessings that makes the difference (changing mindset).
  - 3) We think that doing something for ourselves (buying something, eating out, treating ourselves somehow) will make us happier, but really it's doing things for others that brings greater happiness.
  
4. The "Rewirements" or ways to change your behavior to increase happiness are social connections, random acts of kindness, and gratitude journaling. Select one to focus on for the next week and reflect on how that made you feel.
  - Gratitude Journaling
  - Social Connections
  - Random Acts of Kindness
  - Increase Sleep