

Think Sheet: Strategies for Increased Happiness from “Rewiring Your Brain”

1. As you watched “[Rewiring Your Brain for a Happier Life](#)”, what were the three strategies that science has shown can help increase happiness?
 - a.
 - b.
 - c.

2. Near the end of the video, list the five “Keys to Happiness.”
 - a.
 - b.
 - c.
 - d.
 - e.

3. What is one way that our minds “lie to us” about what we think will make us happy? (Dr. Santos mentions two.) Does that surprise you?

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.