

TRY THESE

— 14 —

little things that make you

HAPPY AT WORK





*You know those little things
that make your day?*

Happiness is in small, daily moments.






A yellow bicycle frame is centered against a green wall. A horizontal pink band is overlaid across the middle of the image, containing white text. The front wheel of the bicycle is replaced by a red gear-like shape. The ground is dark grey.

*Try these 14 little things that
make you happy at work!*

1

Smile.




A woman with long brown hair and glasses is sitting at a desk in an office, smiling broadly while talking on a mobile phone. She is wearing a black top and a necklace. The background shows a busy office environment with other people working at desks and computer monitors.

When you take the time to direct a genuine smile at another person, endorphins spin through your brain and you immediately feel a ripple of happiness.

2

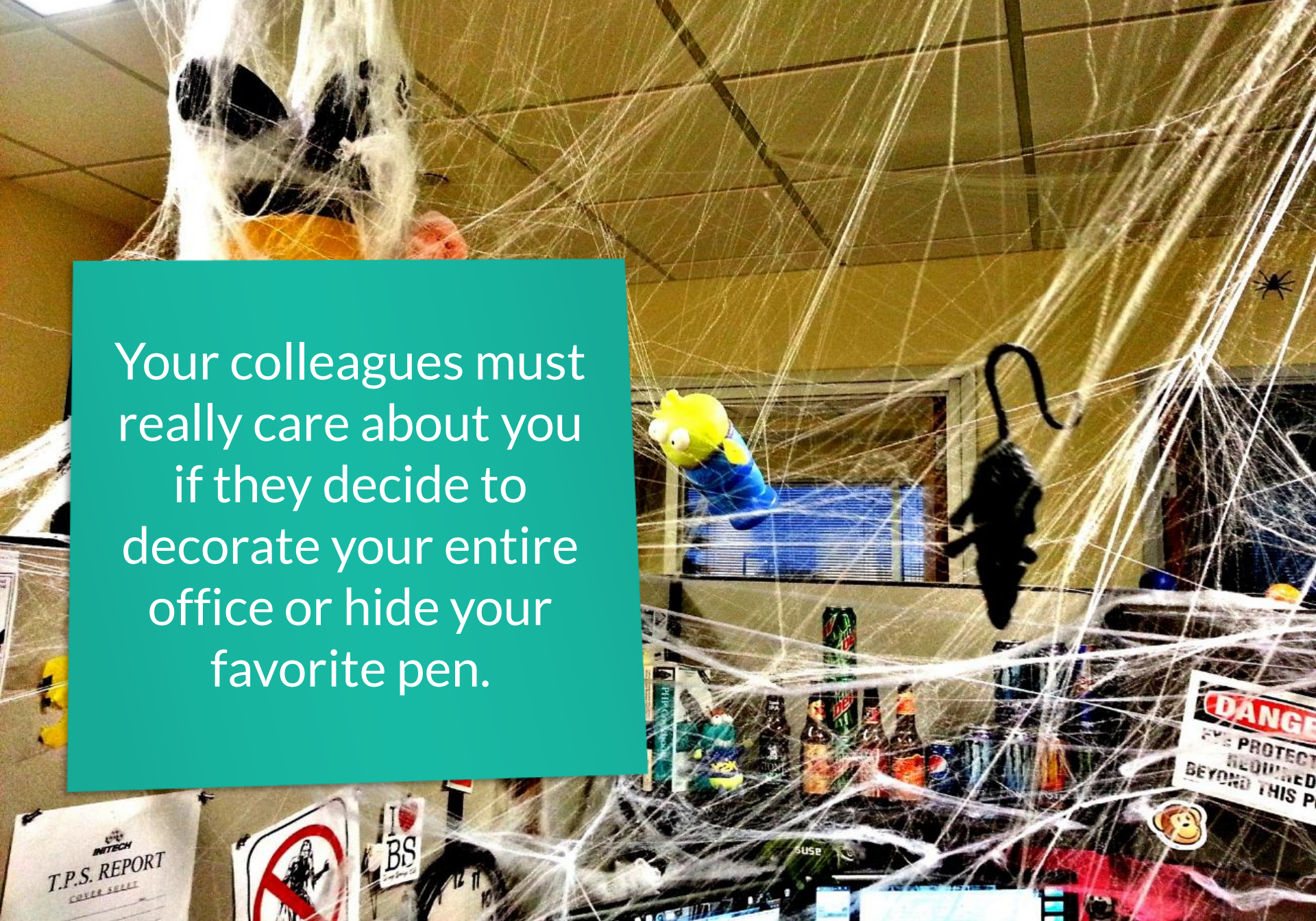
Start a conversation
over your morning
coffee.

A photograph of a coffee shop table. In the foreground, a green ceramic cup with a white interior rim is filled with a latte, topped with a dusting of brown powder and a white heart-shaped latte art. The cup sits on a matching green saucer with a silver spoon. To the left, a clear glass cup contains a yellowish coffee. In the background, a newspaper is spread out on the wooden table, and a glass jar of brown powder is visible. The scene is lit with warm, natural light.

Happiness is
one of the many
benefits of
human
interaction.

3

Embrace
surprises.

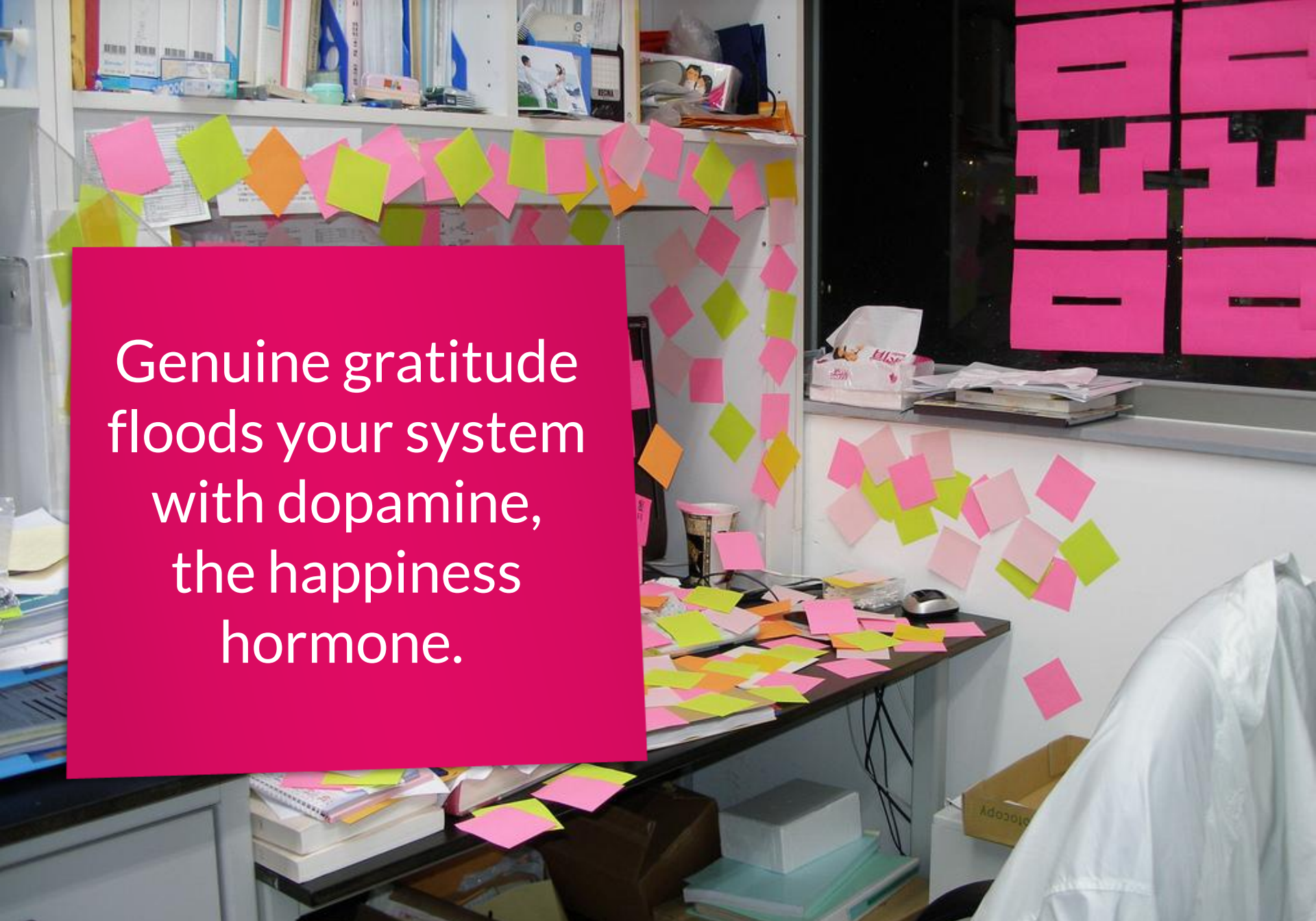


Your colleagues must really care about you if they decide to decorate your entire office or hide your favorite pen.

4

Give a genuine
“Thank You”.





Genuine gratitude
floods your system
with dopamine,
the happiness
hormone.

5


Have a little reward
when you finish your
TO DO list.

Recognizing your achievements, even in a small way, increases positive emotions such as self-esteem, happiness, and confidence.



6

Do something different
once in a while.



Creativity is both
a cause and a
consequence of
positive
development.

7

Ask for advice.




Make the most out
of the relationships
you've built.

Learn at least one
thing from every
person.



Notice small things.




Be present.
Notice the small
changes.

(Like Joe's new
haircut!)

9

Share your food.

A still from the TV show Friends showing Joey Tribbiani in a restaurant, shouting with his mouth wide open. He is wearing a grey t-shirt. In the background, there is a bar area with a silver container and some bottles. A teal text box is overlaid on the left side of the image.

Lunch is a great
opportunity to gain
lifelong friends.
(Or alienate
colleagues)

Joey doesn't share food!

10


Have a quick game
break.

Recharge your
batteries
during a break so that
you're more focused
and productive
afterwards.



11

Dance at your desk.



You know you
want to.
Just make sure
you have your
headphones
plugged in.

12

Don't take yourself
too seriously.



The world will not end with that email. Don't stress yourself more than necessary.

13

Clean your desktop.



You have 5 minutes to clean
your desktop or this computer
will proceed to self-
destruction.

5

14

Start inside jokes.

It's never too early
to make sure
your retirement
party will be
legendary!



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