

TAKEAWAYS FROM  
KEYNOTE SPEAKER

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## TOP 10 TIPS FROM THE SCIENCE OF WELL-BEING

1. Happiness matters for your performance
2. Make time for more social connection
3. Helping others makes us happier than we expect
4. Make time for gratitude every day
5. Healthy habits matter for our happiness
6. Be in the present moment, and savor the good things
7. Be in the present moment even if it feels yucky
8. Give yourself the gift of self-compassion
9. Do some meaningful work and find purpose
10. Become wealthy in time, not in money

### The RAIN Method: A Practice of Radical Compassion

*Tara Brach, Ph.D. in Clinical Psychology*

RECOGNIZE what is happening

ALLOW feeling to be just as it is

INVESTIGATE with interest and care

NURTURE with self-compassion

### Self Compassion: The Proven Power of Being Kind to Yourself

*Kristen Neff, Ph.D.*

For more information, visit:

[drlauriesantos.com](http://drlauriesantos.com)

[coursera.org/learn/the-science-of-well-being](https://coursera.org/learn/the-science-of-well-being)

[coursera.org/learn/the-science-of-well-being-for-teens](https://coursera.org/learn/the-science-of-well-being-for-teens)

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SELF-CARE  
SATURDAY

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