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WW member

Get happier, get healthier

It's a fact: The happier you are, the more likely you are to move more, get better sleep, and choose healthy foods. It works in reverse, too: Healthy activities that feel good and inspire you to keep going with them can also feed your happiness.

Can you get happier? Yes! While a bit more than half of your happiness depends on genetics and your life circumstances (e.g., job, relationships), 40 percent comes out of what you do. Research has shown that certain small actions, done

regularly, can give a lasting sense of joy and well-being. Some are extra powerful: acts of kindness toward others, focusing on your strengths, and expressing gratitude for everyday pleasures. Each can take just a few minutes—choose one to do often or switch them up. Practise gratitude to start:

WHAT TO DO

Three good things

1. Think of three good things you've experienced in the last 24 hours. They can be small, like having an

excellent cup of coffee, or large, like getting a new car.

2. Write down each good thing, describing it in detail: where you were, who said what, time of day, etc.

3. Note how you felt during and after your experience of this good thing.

THIS WEEK

Practise gratitude

Choose three days to do the “three good things” technique. Set a time and a place to do it—say, after dinner or before bed. Write your action plan below.

3 good things action plan



For more on the happiness–wellness link, check out the Weekly Topic in your app, or the “Plan Basics” section of My Day.

**Wellness
that Works.™**



Chicken with creamy tarragon-mushroom sauce

Prep 10 min | Cook 18 min | Serves 4

2



15 ml (3 tsp) olive oil, divided
4 (140 g [5 oz]) skinless,
boneless chicken breasts
2 ml (½ tsp) salt, divided
1 ml (¼ tsp) black pepper,
divided
500 ml (2 cups) thinly sliced
cremini mushrooms
1 garlic clove, minced
60 ml (¼ cup) dry white wine
45 ml (3 Tbsp) low-fat plain
Greek yogurt
10 ml (2 tsp) Dijon mustard
7 ml (1½ tsp) chopped
fresh tarragon

HEAT 10 ml (2 tsp) oil in large
skillet over medium-high heat.
Sprinkle chicken with 1 ml
(¼ tsp) salt and 0.5 ml
(½ tsp) pepper. Add chicken
to skillet and cook, turning
occasionally, until cooked
through, 8–10 minutes.
Transfer to plate; cover.

ADD remaining oil to skillet.
Add mushrooms and
garlic; cook, stirring, until
mushrooms are soft, about 5
minutes. Add wine and bring

to boil. Cook until wine is
slightly reduced, about
3 minutes. Remove from
heat; stir in yogurt, mustard,
tarragon, remaining 1 ml
(¼ tsp) salt, and remaining
0.5 ml (½ tsp) pepper. Serve
chicken with mushroom sauce.

SERVING SIZE: 1 chicken breast,
60 ml (¼ cup) mushroom
sauce

 Gluten-free  Nut-free

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