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Happiness is not the absence of problems but the ability to deal with them. --Jack Brown

4 Ways to a Happier Workday

Do you suffer from the Sunday night blues five nights a week? In his study at Harvard University, author Shawn Achor found that only 45 percent of workers surveyed were happy at their jobs. From his experience designing a course on happiness, working with Fortune 500 companies across 42 countries, and restarting the world's largest banks after the economic collapse, Achor concludes, "Most people believe that success leads to happiness, but that formula is backwards. The truth is that happiness is the precursor to success. When you raise your happiness, you raise your success rates and increase productivity." He shares four tips to bring happiness to the workplace.

Be The Change:

The next time you feel down or stressed at work, try out one of Achor's tips.