



HEURISTIC HACK

HAPPY PEOPLE, HAPPY CHOICES

Optimism is a Happy State of Mind

Emotions, such as happiness, can have a powerful influence on choice.

For instance, when people are in a positive mood, they are more likely to be optimistic about favorable events occurring, to think abstractly rather than focus on immediate concerns and to evaluate people and objects more favorably.



How to hack Happy people, happy choices at work?

It may not be possible to always be in a happy mood at work, but it is definitely possible to make sure that a bad incident in the morning does not ruin your entire day. It is also possible to stop your bad mood from spreading like contagion to others on the team and affecting their decisions or choices.



You can bounce back from a bad mood to a state of Happy People, Happy Choices using a string of simple hacks. First, go to music. Extensive research shows that music reduces stress, lowers blood pressure, and can almost instantly change the mood in a person. Listen to one of your favorite tunes on YouTube - it takes only a few mins.

Second, use a visualization technique. Picture the location of the best vacation you've ever had. Close your eyes and put yourself in this location, ideally thinking about your favorite memories from the vacation.

Before you know it, your bad mood would have disappeared and you would have hacked your Happy People, Happy Choices heuristic!