

Laurie Santos is happy to share her list of the 5 tips:

1. Happiness is important for performance
2. Get social & become more other-oriented
3. Be in the present moment (even if it feels awful). RAIN method: Recognize what's happening / Allow feeling just as it is / Investigate with interest and care / Allow feeling to be just as it is.
4. Motivate yourself with self-compassion
5. Love your work by focusing on your strengths. Practice job crafting.

She has a policy of not sharing her PPT presentations.

Free Coursera courses by Laurie Santos:

- [The Science of Well-Being](#): Explores misconceptions about happiness, psychological biases (like hedonic adaptation), and evidence-based strategies to build productive habits and increase personal fulfillment.
- [The Science of Well-Being for Parents](#): You can join Professor Laurie Santos in The Science of Well-Being for Parents - Coursera to explore science-backed strategies for happier parenting, including managing time and navigating child-related stress.
- [The Science of Well-Being for Teens](#): A 6-week program designed to help teenagers curb mental health crises by applying psychology to thrive in high school and beyond.