



## Happiness at Work Quiz Results

Your score is **2 out of 10**, suggesting that you are experiencing unhappiness at work and you are not satisfied with your job .

This means that you may not feel that your work matters to you; you are not motivated and need energy to make you happier

The good news is that science proved that you could apply a positive strategy in your routine because a positive brain is 30% more productive and performant. If you feel disengaged in your work activities; you have many challenges that you should overcome in order to cultivate a positive mindset .

Science has identified concrete ways that individuals can experience more happiness at work on a regular basis. Here are some ideas to try:



Employee

**Pursue work that is meaningful to you.** Explore opportunities that align with your values and make an important contribution to you, the organization, or something greater. Seek out work experiences where you can learn and grow.

**Get in the flow.** When you are genuinely engaged in your work, you'll experience a positive and fulfilling state of mind—what researchers call “flow.” Your enthusiasm and energy will not only enhance your productivity but also help you to persist when challenges at work inevitably arise.

**Take breaks when you need them.** Giving yourself time to disconnect from work-related activities will help restore your energy to gracefully handle adversity at work. Your ability to recover and learn from setbacks, failures, and conflict at work will make you stronger over time.

**Don't be afraid to ask for help.** Treat your colleagues with respect, dignity, and civility.

Express compassion



## **Create a positive environment at work.**

When people work in a positive environment, where social interaction and team spirit are the values, the whole team benefits. Not everyone will become friends but creating opportunities to form strong social bonds among colleagues can greatly increase workplace happiness.

For more insight into happiness at work, read our eBook “Happiness in the balance achieving harmony at work and life” on Amazon and join our community on Instagram or LinkedIn for weekly tips to happiness path

**<https://www.instagram.com/happynationboost/>**

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when they are struggling, and gratitude when they lend you a helping hand.

If you're a Manager, try these tips:

**Build strong relationship with your teams by a clear communication and exemplarity** Employees feel a greater sense of purpose toward their work when they understand what's motivating it. Be transparent with your teams about decisions and share your greater vision. Be their hero.

**Praise and recognition.** Appreciating your employees and recognizing their effort has a direct impact on the bottom line. It is important to celebrate results and thank people for their engagement to accomplish their job.