



Happiness at Work Quiz Results

You may experience dissatisfaction and unhappiness in your current job and work environment but don't worry Happynation Boost aims to help you learn with masterclasses to increase your happiness and productivity

Here are some tips that proved their effectiveness

1. Communicate with management or HR to address specific concerns, such as workload, stress, or a lack of recognition.
2. Set boundaries to improve work-life balance, such as disconnecting from work outside of regular working hours or taking regular breaks to reduce stress.
3. Seek out opportunities for growth and development, such as taking on new projects or pursuing additional training.



4. Build stronger relationships with colleagues and managers through regular communication, in meetings and participating in team-building activities, its an opportunity to connect and be understood.

Send a positive email to one of your colleagues daily

5- Practice self-care, such as regular exercise, mindfulness, and taking time for hobbies and other activities outside of work

6- Share your feedback to your management or HR team so that they can start to understand your needs

7- Check what your company can offer as learning and development opportunities to create a positive habit of well-being in the workplace.