



*First,
the good
news...*

BOOST
YOUR

J  Y

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At *Health*, we believe that a major part of your well-being is tied to how joyful you feel. Which is why it is our constant goal to help you amp up your day-to-day bliss. To that end, we teamed with Ford and surveyed nearly 2,500 people—asking them all about the state of joy in their lives, plus what adds to and detracts from it. The answers were fascinating. Turn the page to check them out, plus score helpful tips and tricks on increasing your own happiness.

46%

of people say they
feel joy always, or at least,
most of the time.

So, what dampens the feel-goods?

29%

of people say that **money** is the biggest stressor in their life.

We get it. When it comes to finances, there is a lot to worry about. One thing that can help: making a plan. If you're not sure where to start, consider these mobile resources.

MANAGE YOUR BUDGET

Wally
(free; iPhone and Android)
This app tracks your income and expenses so you know where your money goes.



BOOST YOUR SAVINGS

Acorns
(\$1 per month; iPhone and Android)
When you use your debit card, this app rounds each purchase up to the nearest dollar and invests it.



DITCH THAT DEBT

Undebt.it
(Mobile site)
Dig your way out of debt with a personalized plan.



Get Out(side)

Imagine you were gifted an extra hour during the day—how would you use it? **The leading survey response found that people would head outdoors.** Which is a brilliant idea since studies have shown that spending time in nature can do everything from improving focus to decreasing stress. Since we can't magically give you an additional 60 minutes, we're offering up tiny tweaks that make it easier to enjoy some fresh air.

Bring the Indoors Out Sorting mail? Making a grocery list? Those kinds of things are usually done at the kitchen counter. But there's no reason you can't do either task while sitting in your yard or on your front stoop. Little chores become way more bearable when you're hanging in the sunshine.

Add It to Your iCal If you work in an office, it's easy for eight hours to pass without setting foot outdoors—so not okay! A simple way to avoid this: Schedule a walk

around the block. Marking time on your calendar will help keep it a priority.

Skip the Dreadmill Mix up your gym routine by adding one or two outdoor runs to your weekly workout schedule. Not only will the change of scenery be nice, it may actually boost your burn. Between wind resistance and small hills, your body will likely have to work harder.

Shake Your Booty

Too intimidated to join a dance class? Check out Body Groove (www.bodygroove.com). Created by dancer Misty Tripoli, these streaming classes mix awesome music with empowering instructions. You're encouraged to move however you want—as long as you keep your heart rate up.

Swing Away

Finally fulfill your dream of running away and joining the circus—well, kind of! Trapeze schools and classes are located in most major cities, and they offer sessions for beginners. A quick web search will help you find instructors near you. Bonus: It's a great way to get a full-body workout.

Take a Leap

Trampoline-based workout classes are popping up all over the country. Think it sounds silly? You're right, it is—and that is the point! While you're busy laughing, this good-for-your joints form of cardio will also help you torch major calories. Contact local gyms to see if they offer classes or check out Sky Zone, a nationwide trampoline park.

Sweat It Out

Need a lift?

Most survey respondents said when they want to boost their mood, they exercise! So, we've rounded up workouts that are literally impossible to get through without cracking a smile.

Time for a Joy Ride!

Yep, even your daily drive to work can be more fun: **30% of survey respondents said that blasting their favorite music makes commuting way more enjoyable.** Need a little playlist inspo? Here, *Health* editors share the tunes that pump them up.

“‘Schoolin’ Life’” by Beyoncé can turn a miserable commute around after just one verse. **The lyrics make me feel like I can conquer anything.”**

—Sarah Klein, senior editor

“A to-go cup of coffee paired with ‘I Wanna Dance with Somebody’ by Whitney Houston blasting is the ideal way to spend my commute—the combo instantly wakes me up.”

—Blake Bakkila, assistant editor

“‘God’s Plan’ by Drake has a calming effect on me, and it reminds me that everything happens for a reason—it’s a great message to hear first thing in the morning.”

—Rozalynn S. Frazier, senior fitness editor

“Lately, I’ve been listening to ‘The Middle’ by Zedd, Maren Morris, and Grey on repeat. The chorus makes me want to hit the dance floor!”

—Anthea Levi, assistant editor

“Imogen Heap’s ‘Hide and Seek’ is awesome. It was also the soundtrack for one of the most deliciously dramatic scenes on *The O.C.*, which inspired a hilarious spoof on *Saturday Night Live*. Every time I hear the song, I think of it and laugh.”

—Janet Lawrence, senior video producer

Make Work Werk for You

A whopping **71%** of people said **they’d give up their job if they could.**

Sadly, that's not a possibility for most of us. But finding time for self-care over the course of your normal day can improve your attitude. Here, a few ways to do exactly that.

Calm Yourself with Oils Lavender, wild orange, and bergamot therapeutic-grade essential oils can uplift you. Keeping a stash of these in your desk drawer and dousing some on a cotton ball you can sniff will help revive your spirits without disturbing others. (But just in case, ask your deskmates if they have a hypersensitivity or allergy to these oils before you use them.)

Get Up and Move Stretch your arms and legs at your desk, do laps around the office, or walk up and down the stairs. “When we start to feel our body signaling that we need a break, stepping out of your workspace for five to 10 minutes can help shift perspective and

gain mental clarity,” says Suzie DeVaughn, founder of Self-Care Specialists in Wichita, Kansas.

Snack Smartly Vending-machine runs are convenient, but you know that diet soda and sweet treats aren't exactly the best choices when you're racing against a deadline. “Caffeine and sugary treats might give you a temporary energy boost, but they ultimately lead to a crash,” says Cynthia Sass, RD, *Health*'s contributing nutrition editor. Avoid that by choosing nuts for protein and good fat, veggies with hummus, or a healthy smoothie.

Repeat an Inspiring Mantra The way we talk to ourselves can shape our performance and attitude. It's a good reason to come up with a go-to saying or a list of affirmations to recite (out loud or quietly to yourself) when you're feeling doubtful, suggests DeVaughn. “I am the Beyoncé of this office” has a powerful ring to it, as does “I will succeed on this project with ease.”

—Reporting by Jazmine Polk

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