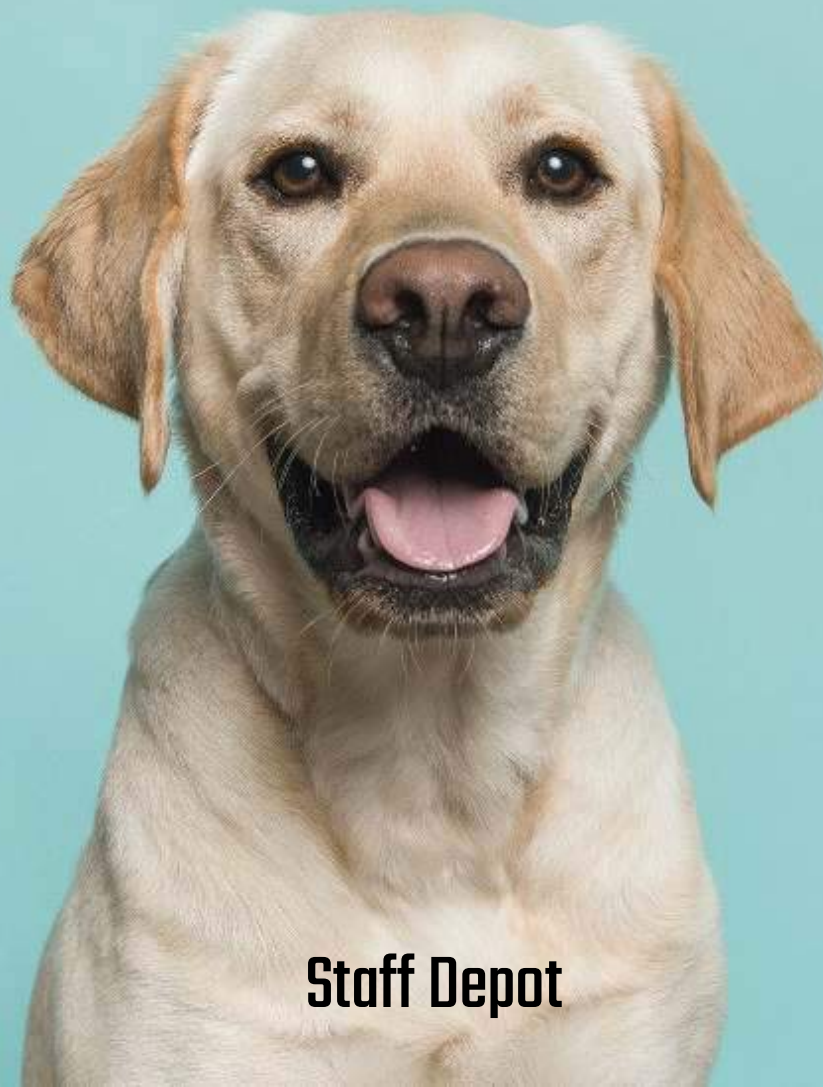


How to Increase Happiness on Your Manufacturing Job



Staff Depot



Even if life is great, there are little tricks you can use to increase your happiness on your manufacturing job. These are little steps that are proven by science to give your brain a boost and not only increase your happiness on the job, but with your life overall!

Get Competitive with Goals

Research has proven that our brains get a boost of feel-good chemicals, such as dopamine, when we achieve goals. The great news is that these goals don't need to be huge. They just need to be a small goal that you've set for yourself.

If you have quotas at work, consider increasing them secretly and trying to beat your personal best. Not only will you get a mental boost, but you'll stand out to your employer and increase the likelihood of getting a raise or a promotion.

Be Helpful

Your brain gets the same sort of boost from being helpful. Whether it's something simple like holding the door for a co-worker or helping out the newbie as they learn their job, you'll benefit from it.

As a bonus, our minds are wired to see patterns. When you're in a bad mood, you tend to see the negative things. But by being helpful, we tend to notice the good things. That combines to help put you in a better state of mind and boost your happiness.

Be Grateful

When life is tough, sometimes it's hard to see the positive. But if we all think really hard, we can easily come up with 3-5 things each day that we're grateful for. Modern science has put an emphasis on studying how gratitude helps our brains each day and it's conclusive that making a note of the good each day boosts your happiness.

Take the time each day to things of several things you're grateful for each day – bonus points for writing them down! Some simple examples are: that you have a loving family, that the sun is shining or maybe that you have a steady job to support your family.

Be Organized with Your Home Life

Procrastination robs us of our joy and happiness. If you're at your station all day thinking about how you need to make a doctor's appointment or that you are behind on laundry, it puts a cloud on our entire day. Make time on lunch or breaks to make any appointments and handle what you can.

Commit each night to do what you need to do – such as packing lunches or doing laundry. You'll get the brain boost we talked about earlier AND you won't have the procrastination cloud hanging above your head tomorrow.



Take Care of Your Body

A healthy body is a happy body. Be sure you're drinking plenty of water throughout the day and eating a healthy lunch. If the weather is nice, consider getting outside for a little walk in the sunshine to boost your Vitamin D levels and tone up your body.

