



NY Chapter, American College of Physicians
May 7th, 2020

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ACP Wellbeing Champion

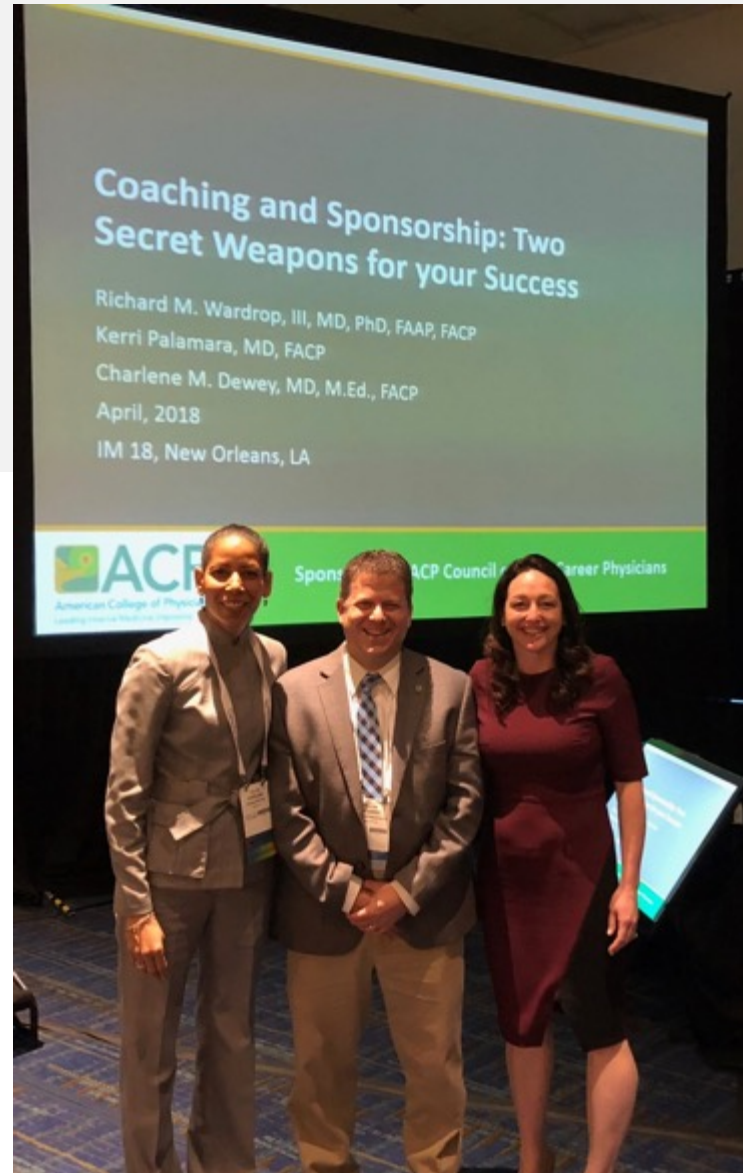
Wellbeing in times of Difficulty

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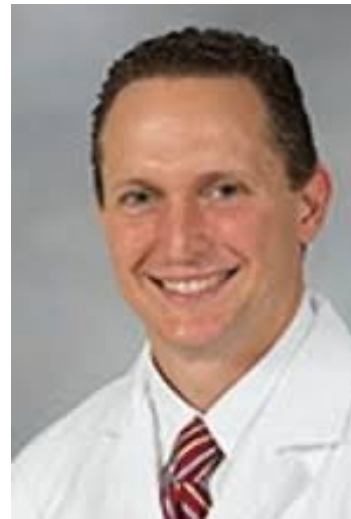
Disclosures

- No financial disclosures
 - Grant from AMA in Reimagining Residency
 - Start on ABIM, Internal Medicine Board, July 1st, 2020
 - AAIM Education Committee
 - AAIM Faculty Development Committee
- Recent Chair of ACP Council of Early Career Physicians
 - Served on Inaugural ACP Wellbeing and Professional Satisfaction Task Force
 - Served on Board of Governors
 - Served on Board of Regents
 - Served as Governor-Elect NC Chapter
 - Former Program Director, UNC Med-Peds Program



Acknowledgment

Kerri Palamara, MD, FACP
Director, Center for Physician Well-being, Massachusetts General Hospital
Lead, Physician Coaching Services, American College of Physicians



OPINION This piece expresses the views of its author(s), separate from those of this publication.

AMA president: 7 ways to keep peace of mind amid coronavirus fears and worries

Feelings of fear, worry and anxiety are normal. Here are practical tips from a psychiatrist for restoring what disruption threatens to take away.

Dr. Patrice A. Harris Opinion contributor

Published 12:01 p.m. ET Mar. 25, 2020 | Updated 1:46 p.m. ET Mar. 26, 2020

[f](#) [t](#) [e](#) [r](#)

<https://www.usatoday.com/story/opinion/2020/03/25/coronavirus-fears-tips-for-peace-of-mind-psychiatrist-column/2909753001/>

Acknowledgements



ACP as my
Professional
Home





Physician Well-being and Professional Fulfillment

Providing guidance and resources that foster communities of well-being for internists to best serve patients and optimize professional fulfillment


<https://www.acponline.org/practice-resources/physician-well-being-and-professional-fulfillment>



Improving the Practice and Organizational Environment

Providing ACP members with high quality information, resources, tools, and support to help their

Trending Topics



wellbeing in times of
difficulty

Resources

Early Career Physicians

- NYACP represents over 1200 Early Career Physicians
- Early Career physician is a physician within 16 years of completing medical school

Aim:

- To enhance the professional development and quality of life for young physicians, fostering their involvement in the American College of Physician, and providing resources and support as they pursue a career in Internal Medicine

Offerings:

- Mentoring program
- Webinars on medical sciences, careers, and life:
 - Women in Medicine
 - Medical Education & Why it's important for your career
 - Balance for Dual Family Physicians
 - Healthcare & Social Media
 - Vaping and Clinical Manifestations
 - Negotiations & Contracts

Resources:

NYACP Website www.NYACP.org



(Updated 5/4/2020)

AMERICAN COLLEGE OF PHYSICIANS

- New! [ACP Letter to HHS](#): Internists Say Relief Funding Must be Prioritized to Primary Care and Other Frontline Physician Practices to Ensure Continued Care
- New! [COVID-19 Pandemic - How ACP is supporting members slideset](#)
- [CORE IM Podcast: Practical Tips on COVID Floors](#)
- [ACP Information for Interns](#) - including telehealth coding and billing practice management tips
- [COVID-19 Call for Volunteers](#)
- [ACP Practice Management Resources](#)
- [ACP Annals COVID-19 Content](#)
- [ACP Letter to Dept. of State and USCIS on VISA Processing for International Medical Graduates During COVID-19 Pandemic](#)
- [ACP Webinar: "COVID - 19: Practical Advice and Support from Internists on the Front Lines"](#)

NYS DOH INFORMATION

FOR PROVIDERS


From the Governor's Office:

NYS Launched:
[Comprehensive COVID-19 Testing Data](#)

Daily Briefing Notes:

Resources:

ACP Website: www.acponline.org/coronavirus



COVID-19: An ACP Physician's Guide + Resources (Last Updated May 6, 2020)

0% COMPLETE

START LEARNING


DETAILS

- Version Updates History
- ABOUT CORONAVIRUSES
 - Coronaviruses
 - Coronavirus Entry into Host Cells
 - Lessons from SARS and MERS
- COVID-19 AND CLINICAL RESPONSE

Chapter 22 - Ethics and Covid-19

Chapter 23 of 27

Clinician Wellbeing



ACP would like to acknowledge your dedication to the well-being of patients, colleagues, and yourselves during this incredibly stressful time. You are the heart and soul of our profession. If you feel afraid and isolated right now please know that you are not alone. Our Internal Medicine online community is strong and vibrant. We support each other and we will get through this together. Join us on twitter at **#dontworryalone**.

Resources:

For the Frontlines www.forthefrontlines.org

Free crisis counseling, 24/7 for front line workers facing fear, anxiety, stress, isolation.



DEALING WITH ANXIETY, STRESS, FEAR, AND ISOLATION?

**Text FRONTLINE for
free crisis counseling**

USA text **741741**

UK text **85258**

Canada text **741741**

Ireland text **086 1800 280**



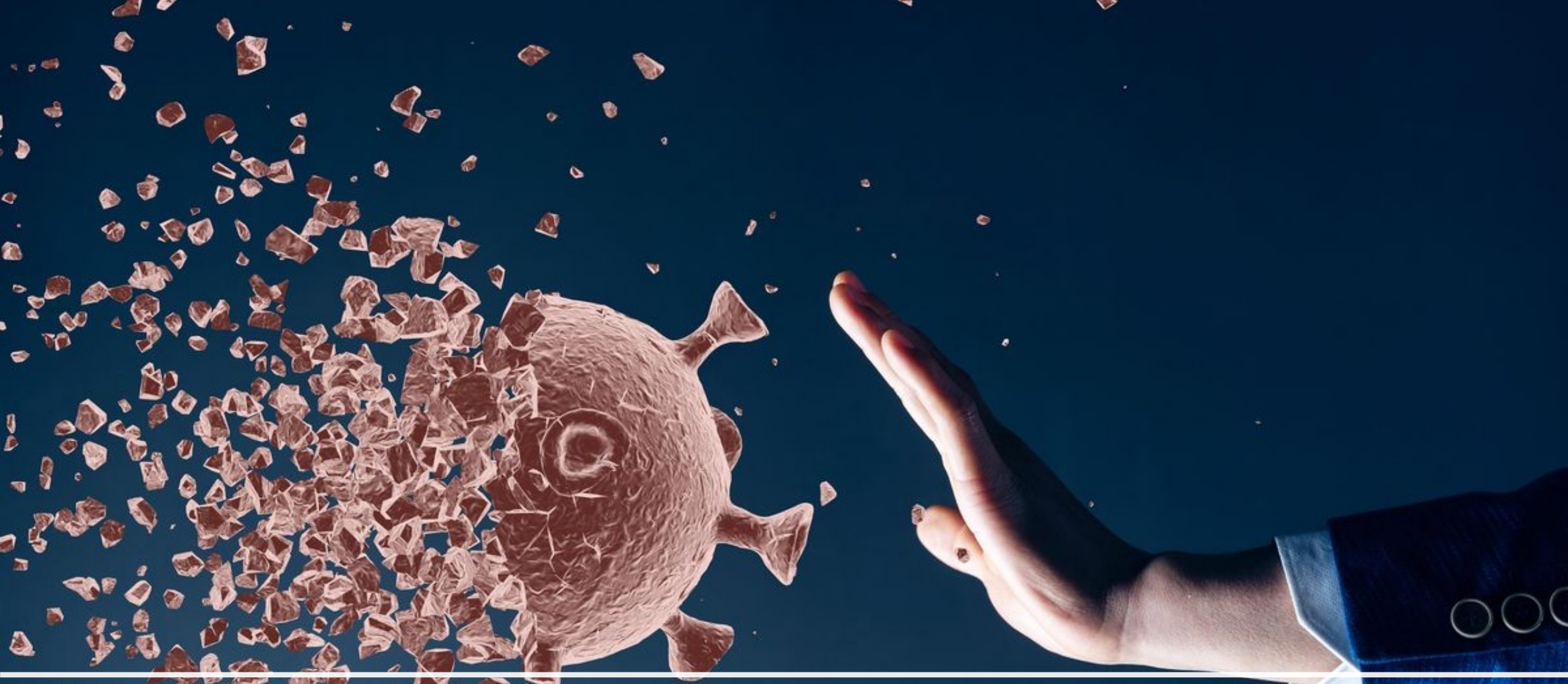
Agenda

- Checking in with you & where we are today
- Overview of Resources / 7 Strategies
- Overview of Practices for Positive Psychology
- Allow others to share
- Questions!

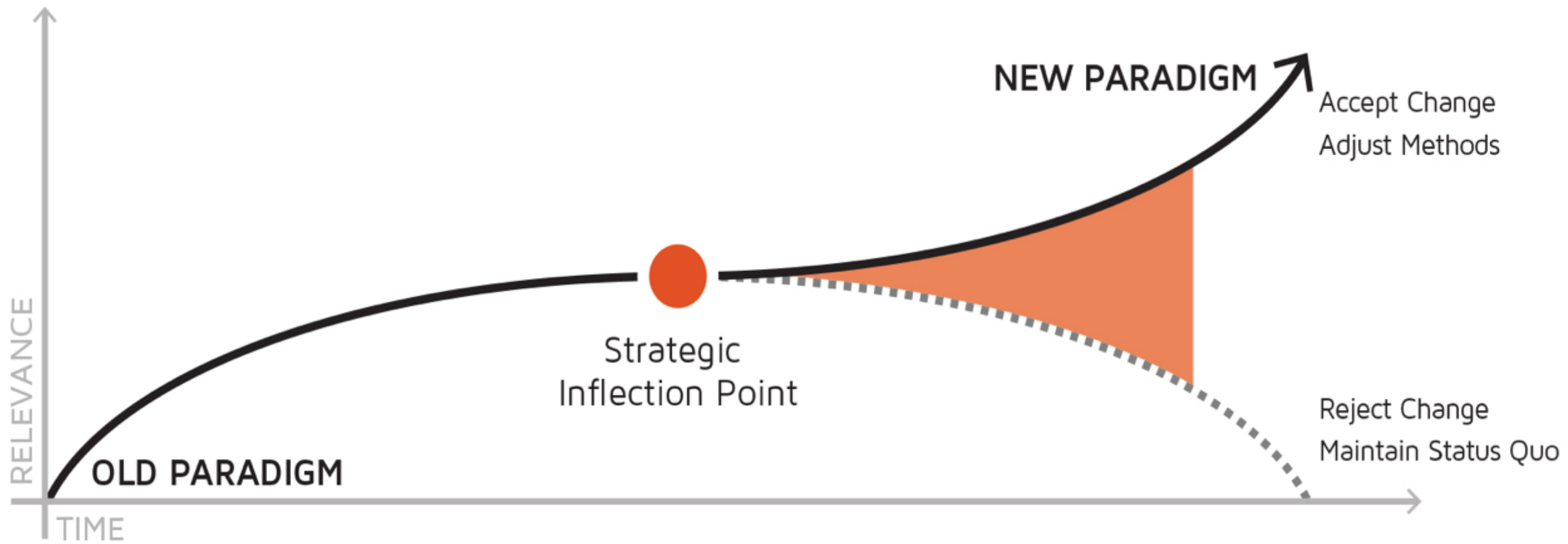


What We're Hearing

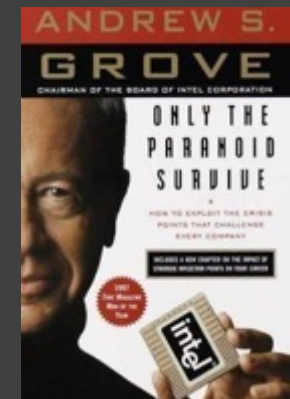
- Uncertainty about screening and frequently changing PPE recommendations/supply leave people feeling exposed and underprepared.
- The uncertainty of clinical presentation of patients with COVID-19.
- The lack of testing capability creating uncertainty.
- The fear of working in healthcare if you are worried about your own health or the health of someone in your home.
- The anxiety about who we may expose or infect if we become ill.
- Worrying about loved one's, financially and medically.
- Fear that we or our colleagues will die.
- Feeling useless at home when we can't be at work.
- Working in new roles outside of comfort zone.
- "Worrying about daycare and home schooling, and the general status of our homes/family."
- "I miss people, and physical connection. "
- "My world feels so foreign to me".



Checking in with you & where we are at today



Where on Earth are we? |





Moving Forward – You
are Never Alone



7 Things to Ponder and Consider



1. Feel and acknowledge your feelings

- We are all in this together
- Experts are working at all levels
- Its ok to be afraid
- Avoid catastrophic worry
- Work the problems as they come up

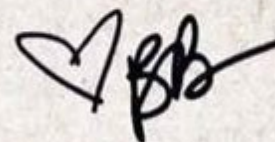


We have a
choice to
make each
moment,
each day



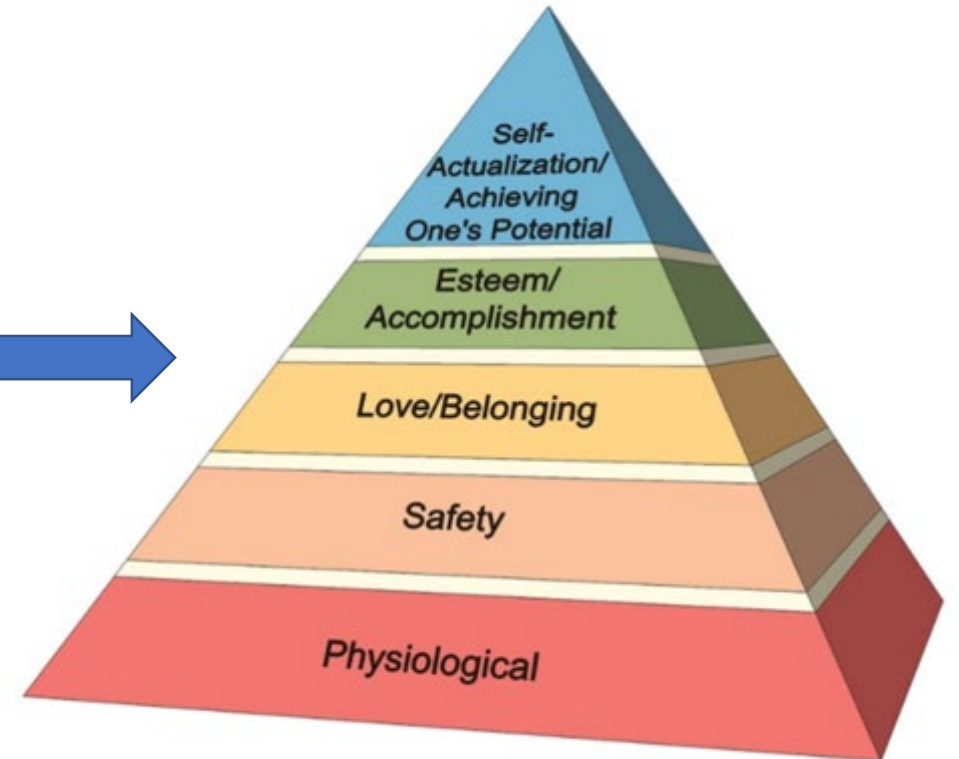
This pandemic experience is a massive experiment in collective vulnerability. We can be our worst selves when we're afraid, or our very best, bravest selves. In the context of fear and vulnerability, there is often very little in between because when we are uncertain and afraid our default is self-protection. We don't have to be scary when we're scared. Let's choose awkward, brave, and kind.

And let's choose each other.



Assumption Going Forward

You are here!



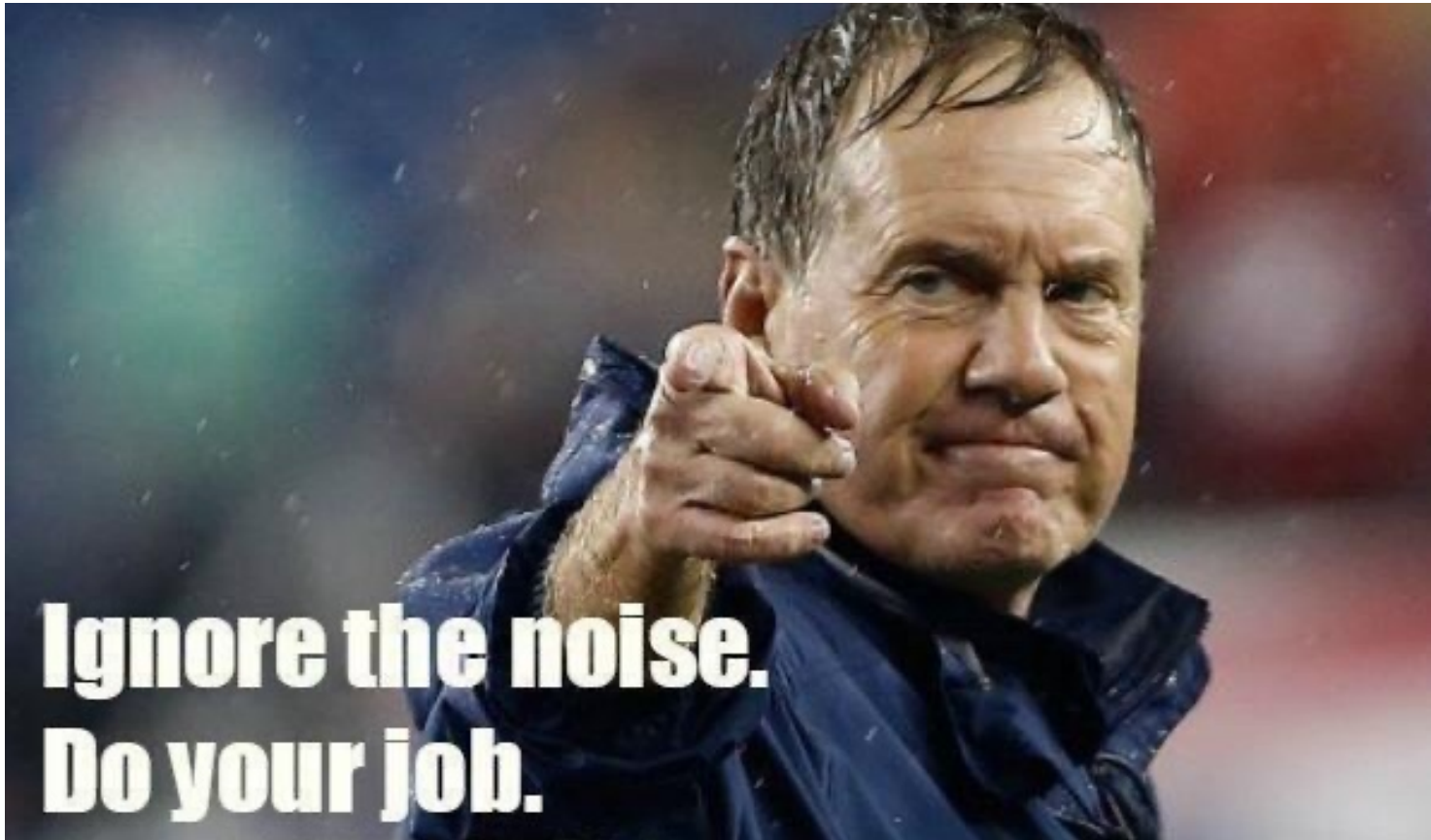
Osler had a
Great
Approach

A WAY OF LIFE

An Address to Yale Students
Sunday evening, April 20th, 1913

By
(Sm) WILLIAM OSLER

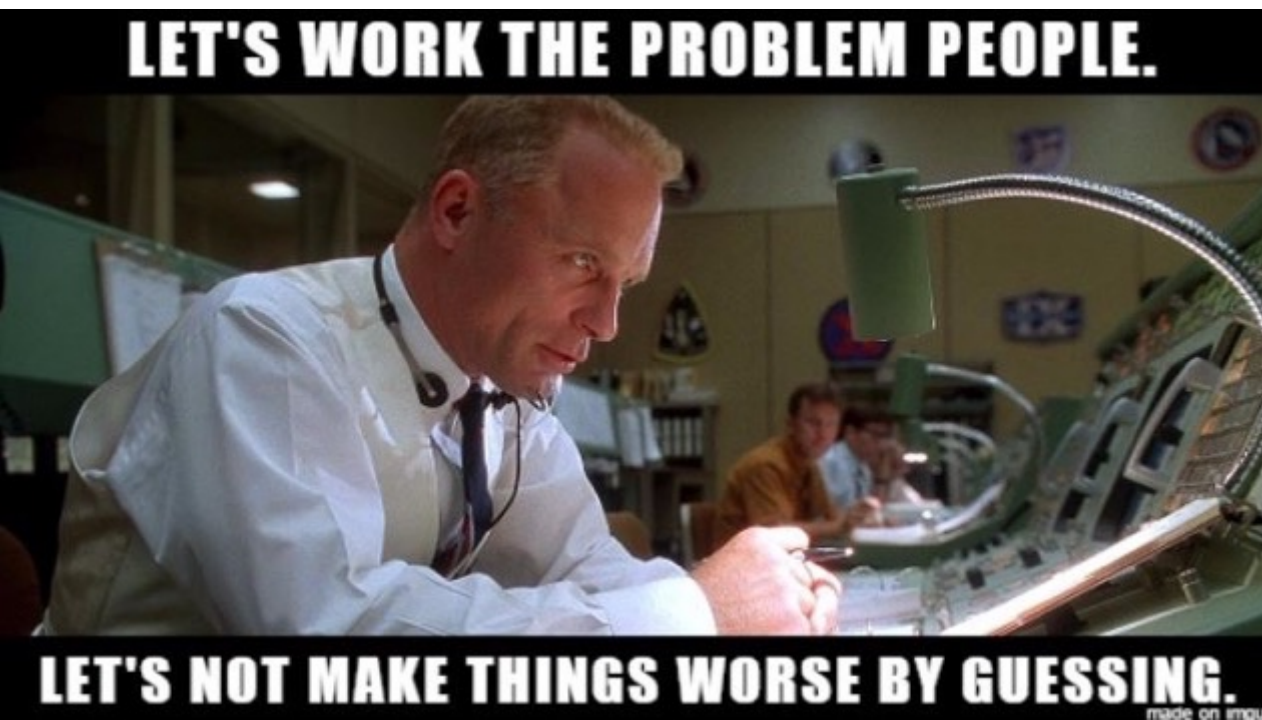
LONDON
CONSTABLE & COMPANY LTD.
1913



**Ignore the noise.
Do your job.**

2. Channel your worry into actions

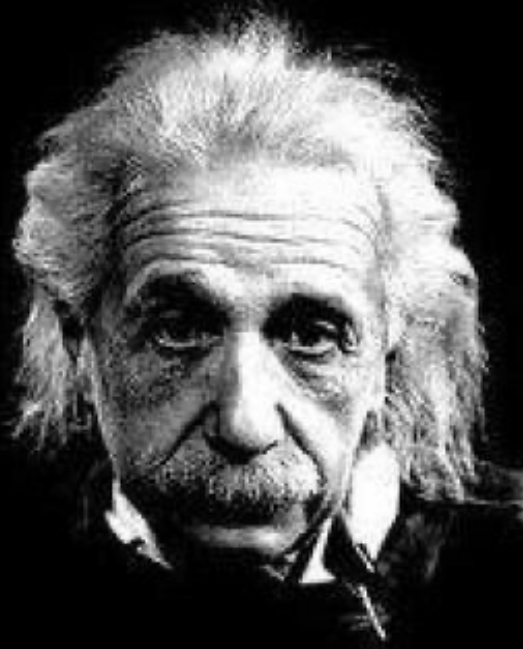
- Know your job
- Know the standards (UMMC, CDC, MS DOH)
- Understand changes happen to the standards rapidly
- Wash your hands, wear PPE
- Report your symptoms / get tested
- Read important Emails and other communication.
- Be flexible
- Assume best intentions



Apollo 13

- Everyone had a role from top to bottom
- Failure was not an option
- People encouraged to work the problems

"WE CANNOT
SOLVE OUR
PROBLEMS
WITH THE SAME
THINKING WE
USED WHEN WE
CREATED THEM"



We do the best we can with what we
know, and when we know better, we
do better.

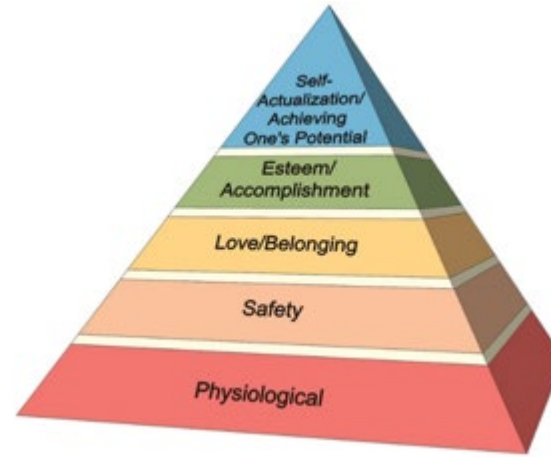
— *Maya Angelou* —

AZ QUOTES

A little Albert and Maya goes a long way

3. Get your body and mind moving

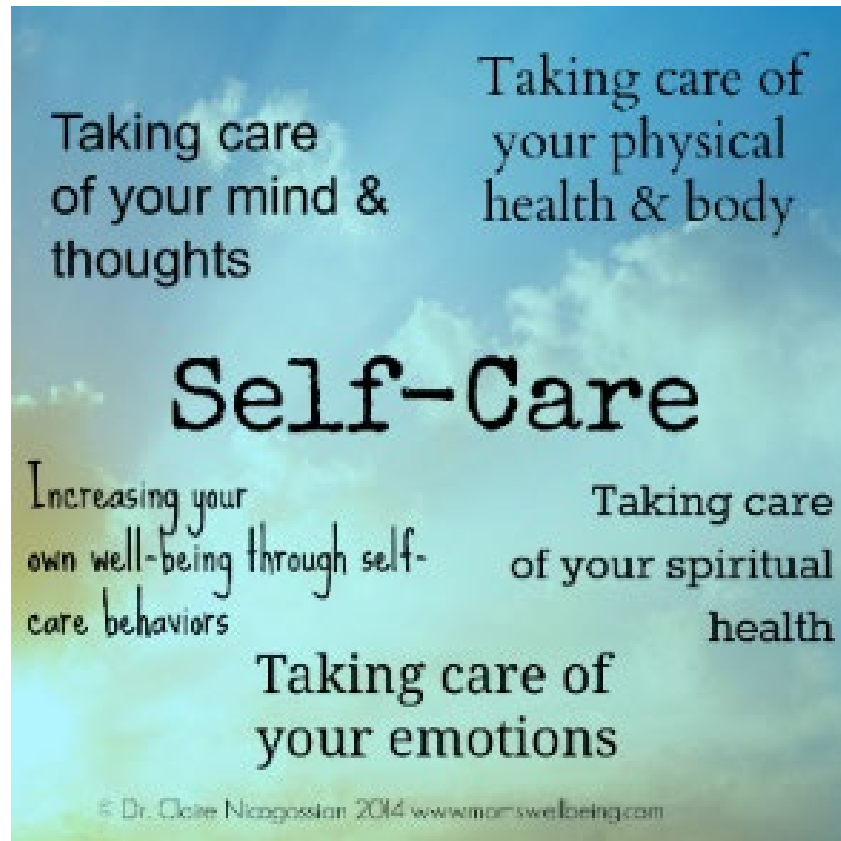
- Stay active
- Take care of your physical needs
- Constant stress requires constant self-care
- Don't ignore your physical and emotional needs.
- Be kind to yourself

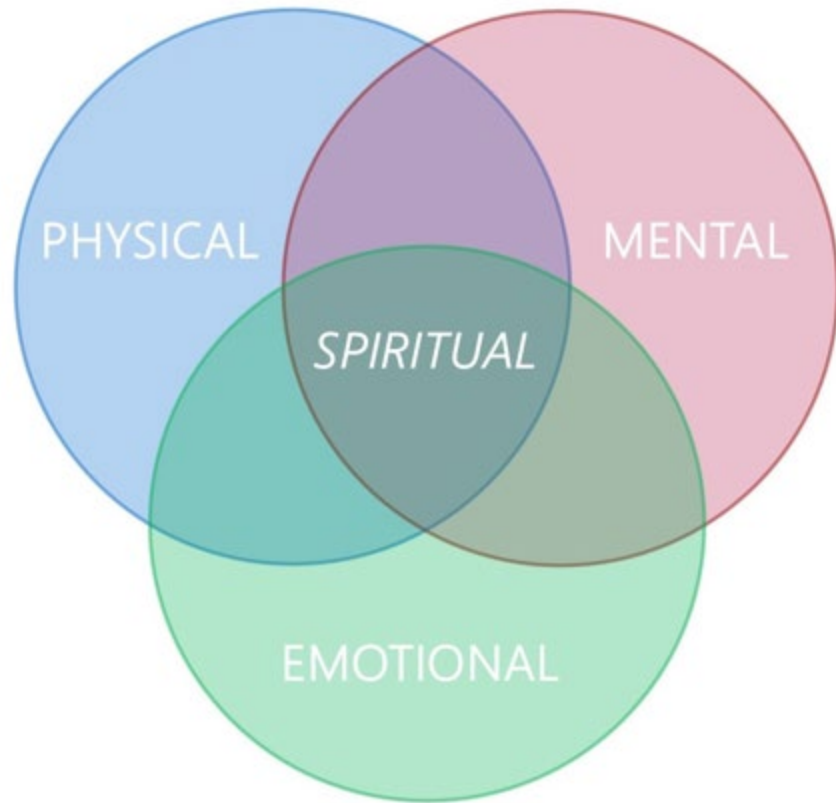


REST.
(it's part of the program!)



Take care of yourself first.....



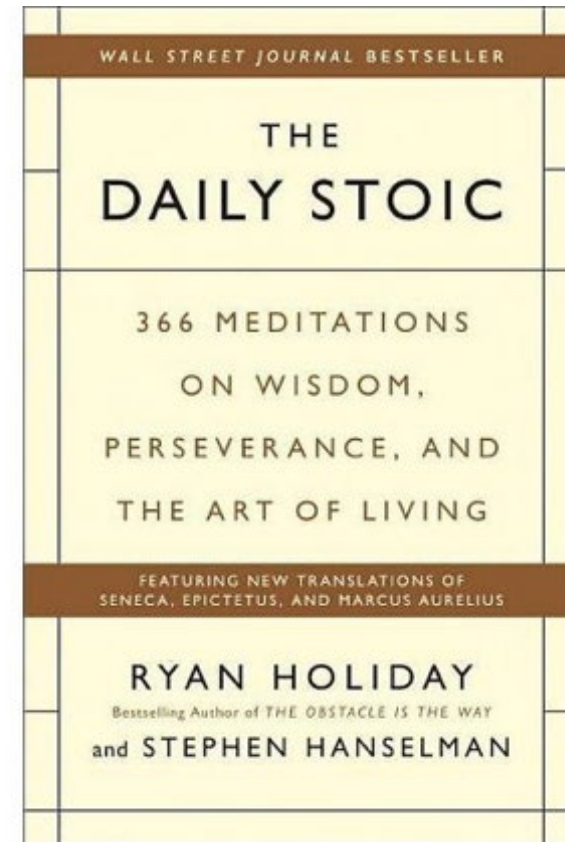


“
CHANCE FAVORS
THE PREPARED
MIND.”

LOUIS PASTEUR

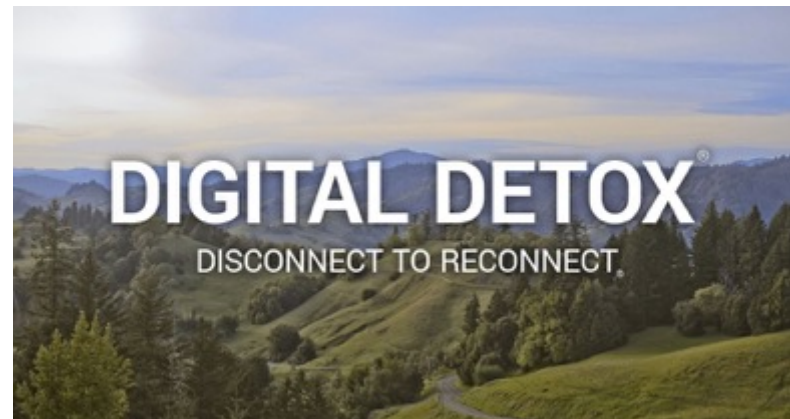
Physical, Emotional, and Mental

Spiritual, not (necessarily) religious



4. Unplug

- Maintain a platform of reliable information
- Read critical emails
- Give you brain and emotions a break when possible
- Deal with the present
- Avoid catastrophic worry
- Avoid “future-tripping”

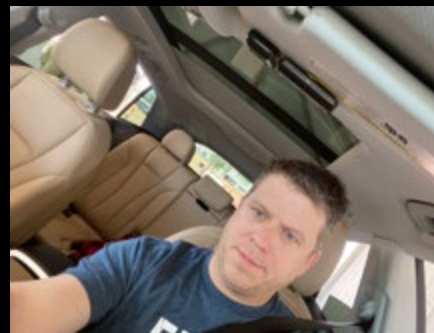


5. Stay Connected & Stay Kind

- It is tempting to isolate and hide within the business of this crisis.
- Remember our colleagues are scared too.
- The patients need us to be clear headed in times of distress.
- Try kindness and connection over isolation and loneliness



EVERYONE YOU MEET IS
FIGHTING A BATTLE YOU
KNOW NOTHING ABOUT.
BE KIND. ALWAYS.

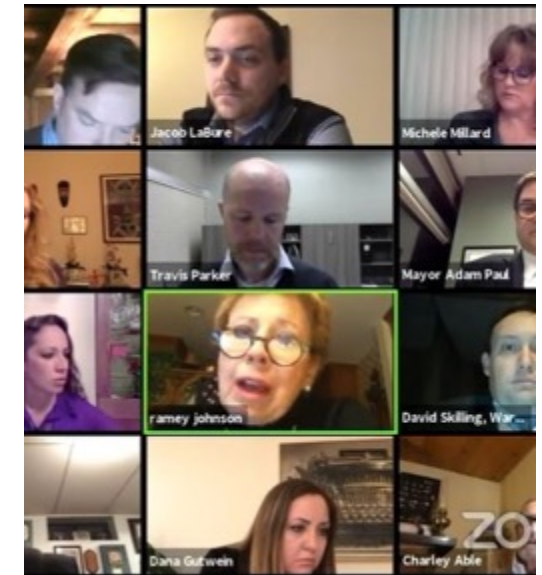


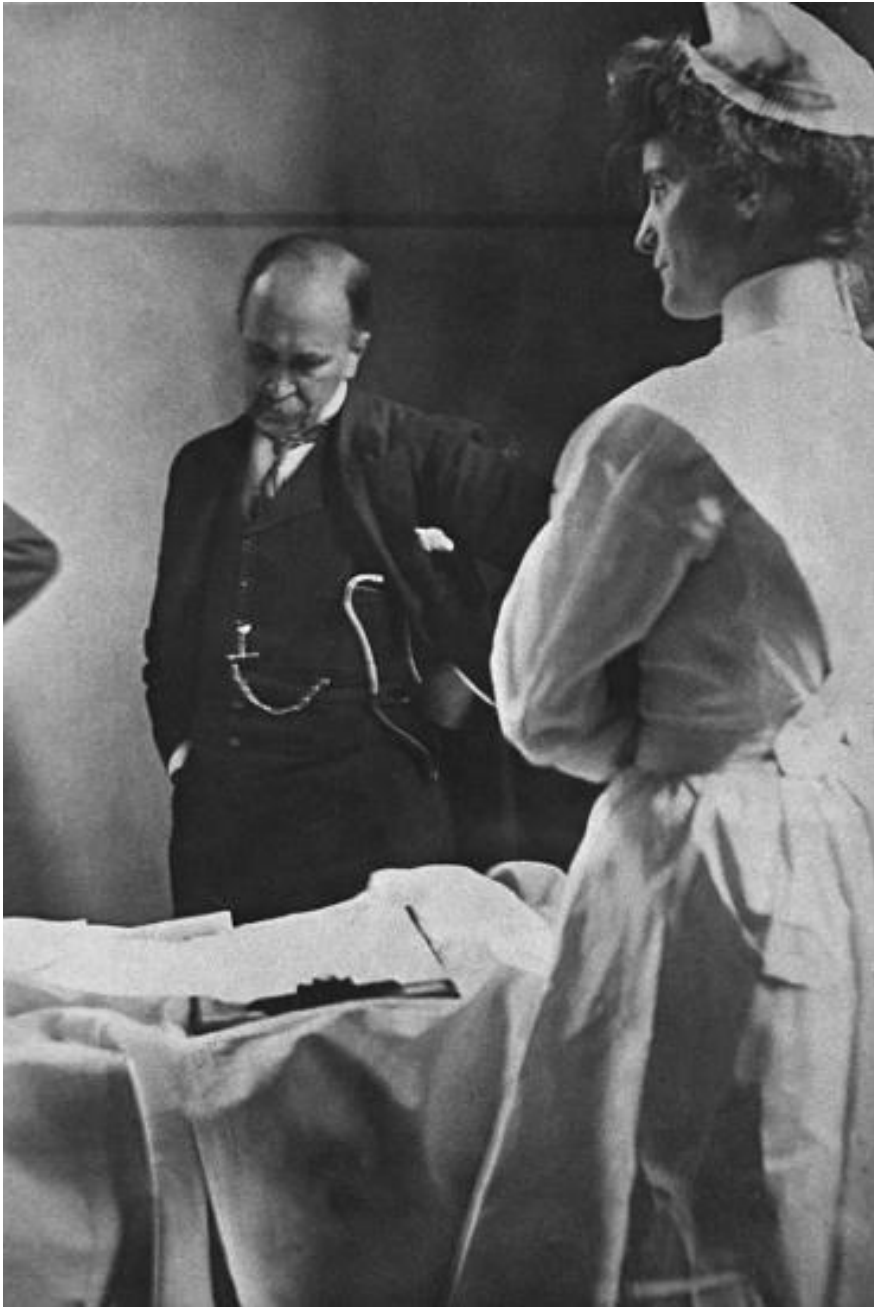
6. Create New Routines

- Be “day tight” in your new routines
- Remain flexible to changing roles and requirements.
- When in doubt, ask and clarify your role



COVID-19 DAILY SCHEDULE		
Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog, though it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magazines, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen tables w/ol disinfectant B- wipe all door handles, light switches, and desk tops C- Wipe bath bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, etc.
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Blues, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid shows w/3
8:00	Bedtime	All kids

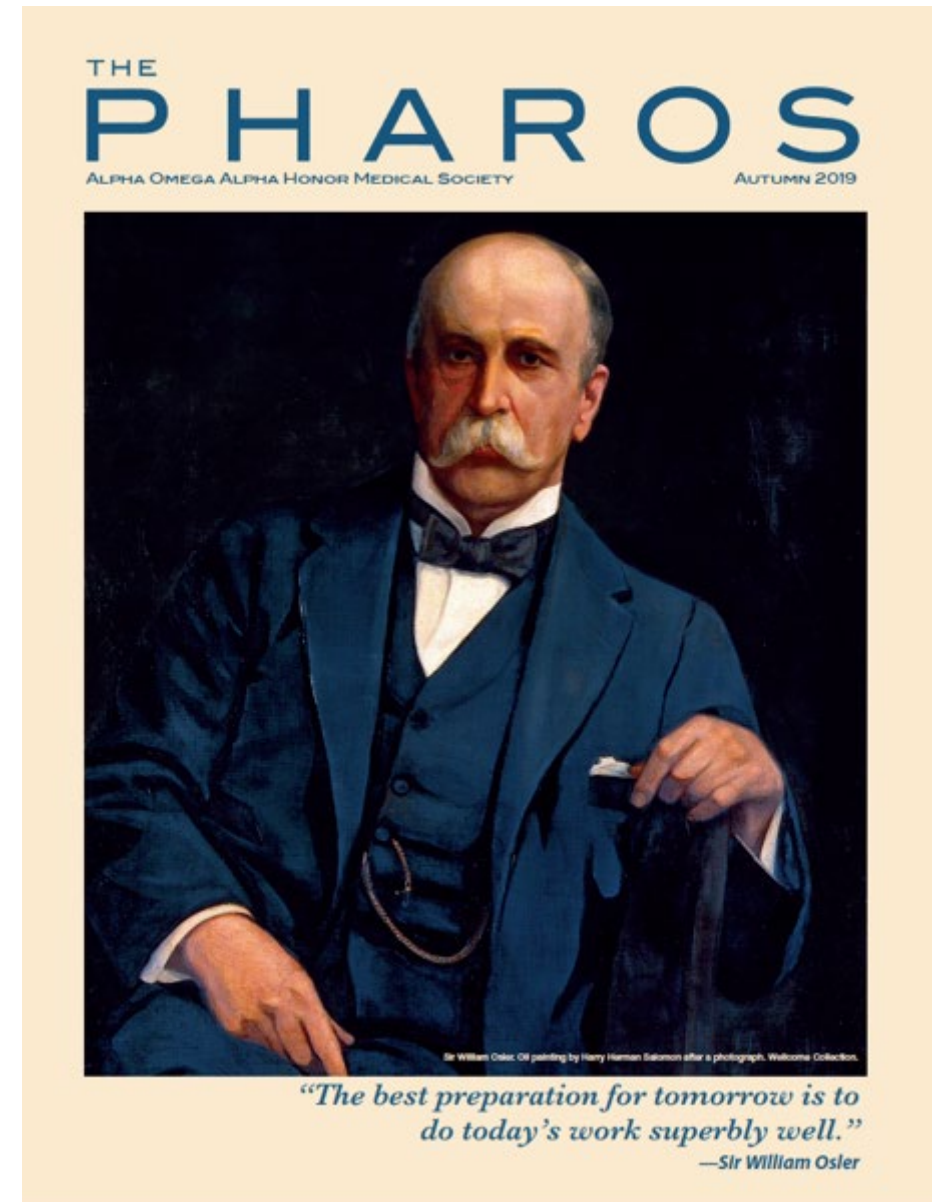


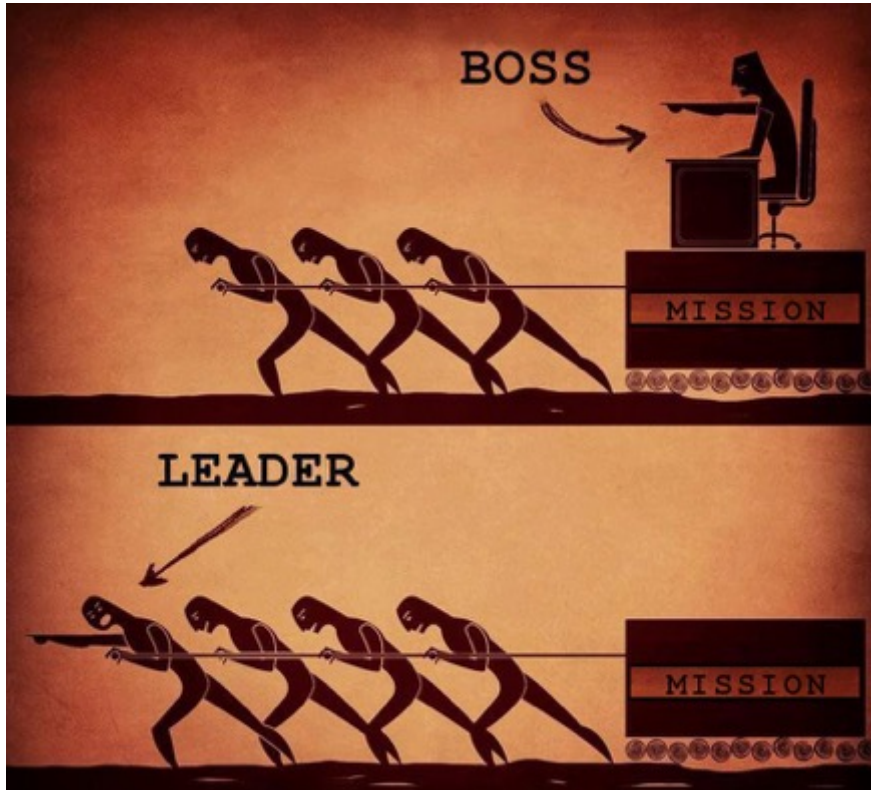


Oslerian Principles of Day Management

Day Tight Compartments

- Osler inspired by Thomas Browne, Marcus Aurelius, and Thomas Carlisle,
 - “It is not our goal to see what lies dimly in the distance but to do what clearly lies at hand.”
- Living today without
 - Worries about the past
 - Resist regret
 - Worries about the future
 - Resist catastrophic worry
- Allowed him to be task oriented and emotionally stable despite his busy life
- Osler was no stranger to deadly outbreaks.





A BOSS SAYS “GO!”



A LEADER SAYS “LET’S GO.”



7. Lead from where you stand

- Be a role model when you can
- Model healthy behaviors in the setting of this tragedy
- Practice patience / understand “decision fatigue”
- Show grace
- Pick up and check on others

VIEWPOINT

Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic

Tait Shanafelt, MD
Stanford University
School of Medicine,
Stanford, California.

Jonathan Ripp, MD,
MPH
Icahn School of
Medicine at
Mount Sinai, New York,
New York.

Mickey Trockel, MD,
PhD
Stanford University
School of Medicine,
Stanford, California.

The coronavirus disease 2019 (COVID-19) pandemic has become one of the central health crises of a generation. The pandemic has affected people of all nations, continents, races, and socioeconomic groups. The responses required, such as quarantining of entire communities, closing of schools, social isolation, and shelter-in-place orders, have abruptly changed daily life.

Health care professionals of all types are caring for patients with this disease. The rapid spread of COVID-19 and the severity of symptoms it can cause in a segment of infected individuals has acutely taxed the limits of health care systems. Although the potential shortage of ventilators and intensive care unit (ICU) beds necessary to care for the surge of critically ill patients has been well described, additional supplies and beds will not be helpful unless there is an adequate workforce.^{1,2}

Maintaining an adequate health care workforce in this crisis requires not only an adequate number of physicians, nurses, advanced practice clinicians, pharma-

what other tangible sources of support they believed would be most helpful to them. These discussions consistently centered on 8 sources of anxiety: (1) access to appropriate personal protective equipment, (2) being exposed to COVID-19 at work and taking the infection home to their family, (3) not having rapid access to testing if they develop COVID-19 symptoms and concomitant fear of propagating infection at work, (4) uncertainty that their organization will support/take care of their personal and family needs if they develop infection, (5) access to child-care during increased work hours and school closures, (6) support for other personal and family needs as work hours and demands increase (food, hydration, lodging, transportation), (7) being able to provide competent medical care if deployed to a new area (eg, non-ICU nurses having to function as ICU nurses), and (8) lack of access to up-to-date information and communication.

Although these sources of anxiety may not affect everyone, they can weaken the confidence of health care

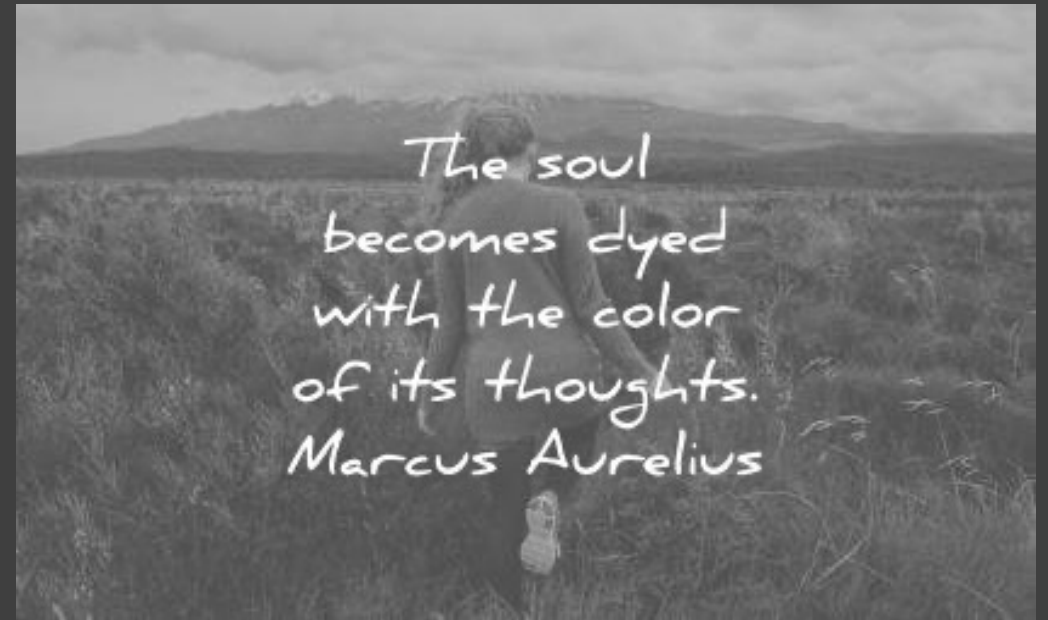
Table. Requests From Health Care Professionals to Their Organization During the Coronavirus Disease 2019 Pandemic

Request	Principal desire	Concerns	Key components of response
Hear me	Listen to and act on health care professionals' expert perspective and frontline experience and understand and address their concerns to the extent that organizations and leaders are able	Uncertainty whether leaders recognize the most pressing concerns of frontline health care professionals and whether local physician expertise regarding infection control, critical care, emergency medicine, and mental health is being appropriately harnessed to develop organization-specific responses	Create an array of input and feedback channels (listening groups, email suggestion box, town halls, leaders visiting hospital units) and make certain that the voice of health care professionals is part of the decision-making process
Protect me	Reduce the risk of health care professionals acquiring the infection and/or being a portal of transmission to family members	Concern about access to appropriate personal protective equipment, taking home infection to family members, and not having rapid access to testing through occupational health if needed	Provide adequate personal protective equipment, rapid access to occupational health with efficient evaluation and testing if symptoms warrant, information and resources to avoid taking the infection home to family members, and accommodation to health care professionals at high risk because of age or health conditions
Prepare me	Provide the training and support that allows provision of high-quality care to patients	Concern about not being able to provide competent nursing/medical care if deployed to new area (eg, all nurses will have to be intensive care unit nurses) and about rapidly changing information/communication challenges	Provide rapid training to support a basic, critical knowledge base and appropriate backup and access to experts Clear and unambiguous communication must acknowledge that everyone is experiencing novel challenges and decisions, everyone needs to rely on each other in this time, individuals should ask for help when they need it, no one needs to make difficult decisions alone, and we are all in this together
Support me	Provide support that acknowledges human limitations in a time of extreme work hours, uncertainty, and intense exposure to critically ill patients	Need for support for personal and family needs as work hours and demands increase and schools and daycare closures occur	Provide support for physical needs, including access to healthy meals and hydration while working, lodging for individuals on rapid-cycle shifts who do not live in close proximity to the hospital, transportation assistance for sleep-deprived workers, and assistance with other tasks, and provide support for childcare needs Provide support for emotional and psychologic needs for all, including psychologic first aid deployed via webinars and delivered directly to each unit (topics may include dealing with anxiety and insomnia, practicing self-care, supporting each other, and support for moral distress), and provide individual support for those with greater distress
Care for me	Provide holistic support for the individual and their family should they need to be quarantined	Uncertainty that the organization will support/take care of personal or family needs if the health care professional develops infection	Provide lodging support for individuals living apart from their families, support for tangible needs (eg, food, childcare), check-ins and emotional support, and paid time off if quarantine is necessary

Understand the needs of your colleagues

Recap

- We are in an unprecedented time – a true medical and societal inflection point
- Remember to (try):
 - Feel and acknowledge your feelings
 - Channel your worry into actions
 - Get your body and mind moving
 - Unplug (from toxicity)
 - Stay connected / Stay Kind
 - Create new routines / be flexible
 - Lead from where you stand





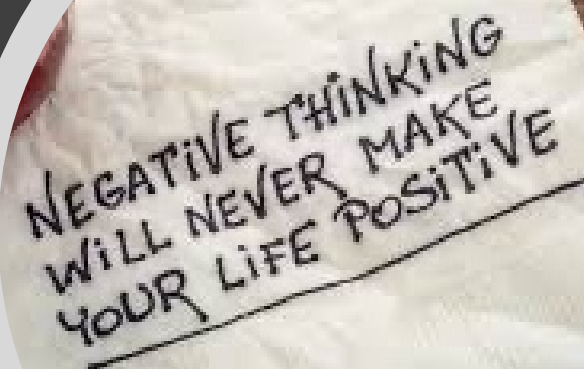
Take a deep breath.



Gratitude
can change
everything.



How Positive Psychology Can Help



NEGATIVE THINKING
WILL NEVER MAKE
YOUR LIFE POSITIVE

Take a Deep
Breath

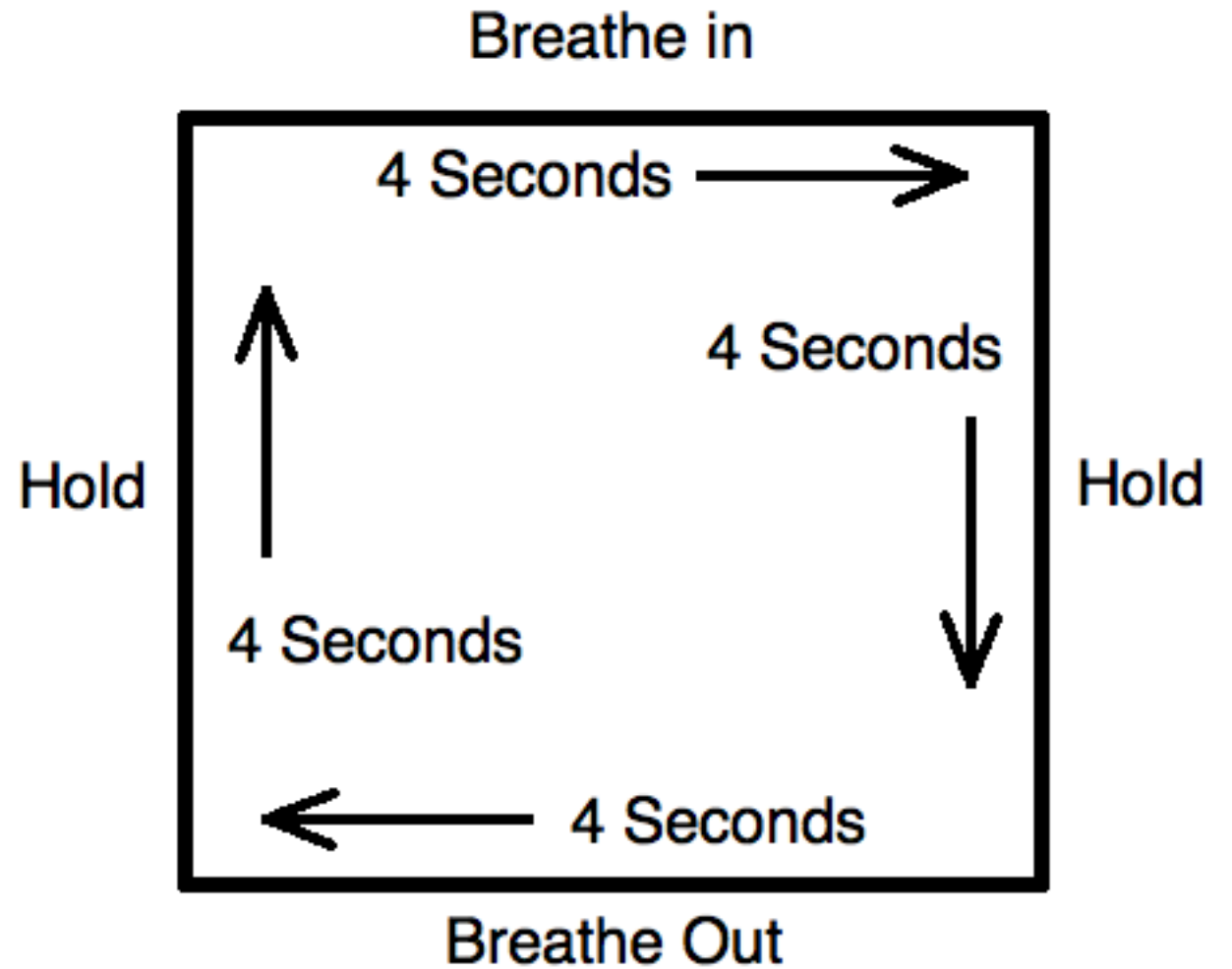


Photo Credit: <https://medium.com/@mikenseer/the-life-hack-you-can-take-anywhere-breathing-20f0627d0f73>

Ma et al, *Front Psychol*. 2017; 8: 874.



Power of Laughter

- **Try laughing** – at yourself or something funny.
- Laughter is contagious, and data shows that even if it is not authentic, it still makes you feel better!
- Helps with coping, resiliency, health
- Check out this CocaCola commercial for a happiness booster or a laugh!
<https://www.youtube.com/watch?v=1veWbLpGa78>

5 Ways to Express Gratitude

① Vocalize |

- Verbally express your gratitude
- Thank you's BIG and SMALL
- Detail what left an impression

• Hand Written Notes • Gratitude Journal • Anonymous Notes | Written ②

③ Service |

- Give back to people you love
- Pay forward kind acts
- Serve your community 1-2 hours

• Give patience and understanding • Listen to those who need a listener • Imagine your love spreading to others | Energy ④

⑤ Forgiveness |

- Stop holding onto things
- Respond instead of react
- Forgive yourself

Practice Gratitude!

- Deliver authentic praise for a job well done or positive feedback
- This strengthens connections between us, sparks motivations in both individuals, and boosts our happiness.
- This is easy, can be done in person or by email, and can make someone's day! Be specific - give thanks and express your appreciation
- Other ways – gratitude journal, give back in service to someone, send positive energy to others, meditate, forgive

Photo Credit: <https://www.betterbalancedmama.com/five-ways-express-gratitude/>

Kaplan et al *Journal of Business and Psychology* volume 29, pages367–380(2014); chopik et al *J Posit Psychol.* 2019; 14(3): 292–302., Di Fabio et al *Front Psychol.* 2017; 8: 2025.

Time to rally

Together, let's support local businesses, the bedrock of our communities. Here's how...



A Few Unique Ways to Express Your Gratitude Today



Three Good

1.

2.

3.

Practice 3 Good Things

BMJ Open Forty-five good things: a prospective pilot study of the Three Good Things well-being intervention in the USA for healthcare worker emotional exhaustion, depression, work-life balance and happiness

J Bryan Sexton,^{1,2} Kathryn C Adair¹

Gratitude exercise - Rx

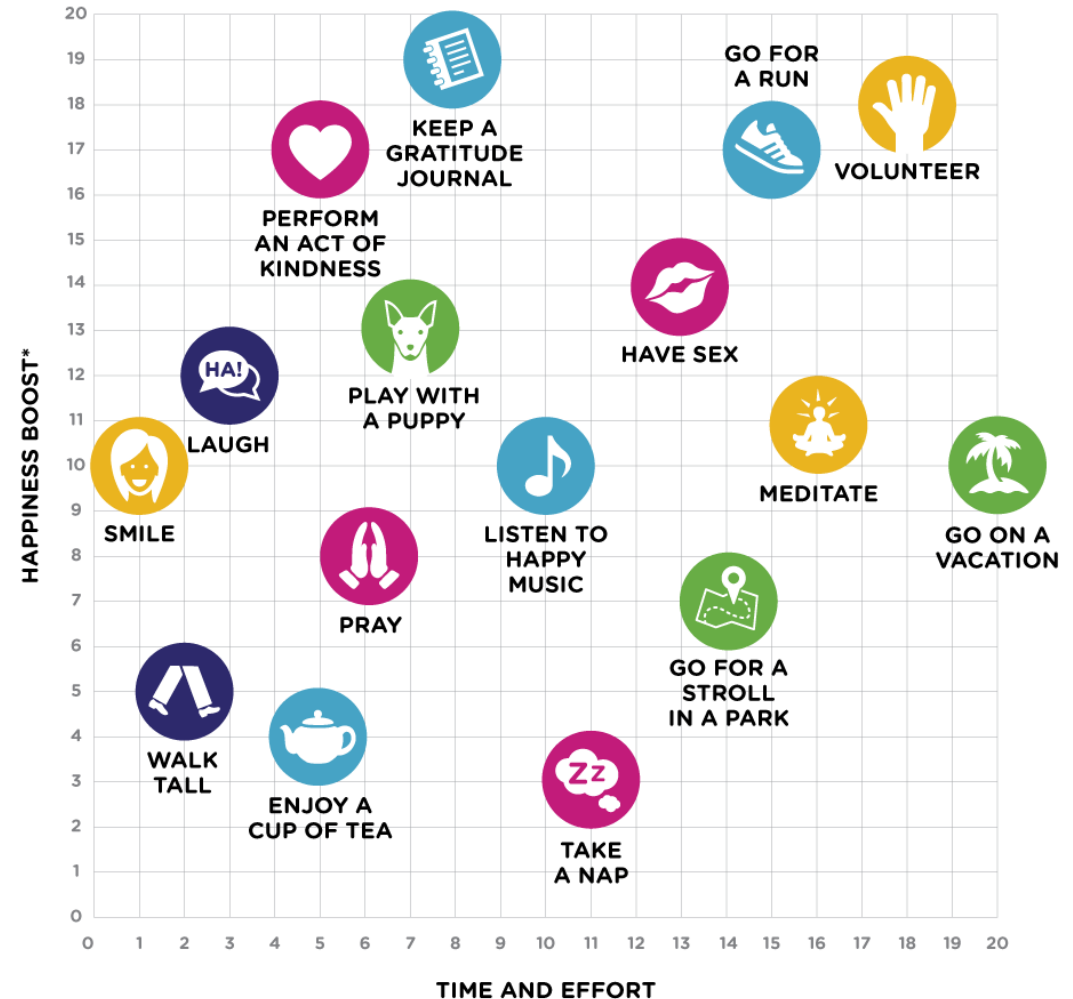


- What am I grateful for in my life?
- What is going well in my life?
- What is working for me?
- Do this for 7-15 days
 - Think sinusitis

Happiness Boosters

- Reach for it when you need an infusion or energy or enthusiasm...or sooner
- Rewire your brain in small steps toward a happier state of being
- Be more productive, creative, efficient
- Know the feeling that tells you when you need it

Science Says You Have Time For HAPPINESS



*Mood changes vary from person to person but try some of these activities to find out what makes you most happy.
Illustrations: Getty, Huffington Post

THE HUFFINGTON POST

Examples

- 3 Good Things
- Practice Gratitude
- Meditate
- Have something to look forward to
- Be a positive role model
- Connect with others
- Random acts of kindness
- Mindfulness – music, photos, brief pauses, breathing, reflective writing, laughter
- Exercise
- Tik Tok

Photo credit: www.haraldlepisk.com



Some examples...



Physical Distance ≠ Social Isolation!!

- **Share a good story!**
 - This connects us while boosting happiness, creativity, and open-mindedness in both parties.
 - Allows you to re-live the experience and unpackage what was great about it.
 - The listener gets a chance to experience your positivity and are also reminded of their own positive experiences.
- **Reach out and talk to someone!**
 - The next time you are busy or overwhelmed at work, consider talking to someone about something non-medical for just a few moments, rather than burying yourself further in your work.
 - This actually **INCREASES** efficiency and productivity!



The Power of Narratives in Medicine


UMMC DEPARTMENT OF PEDIATRICS GRAND ROUNDS

In collaboration with Department of Medicine, Children's of Mississippi, Department of Surgery, Department of Family Medicine and Office of Well-Being presents a special

STORY SLAM EVENT

Random Acts of Kindness

Wednesday April 15
WebEx

 **UMMC**
Department of Pediatrics

The University of Mississippi
MEDICAL CENTER

Center for Bioethics and Medical Humanities

55 Word Stories
UMMC COVID-19 Support

RESEARCH / CENTERS AND INSTITUTES / CENTERS / CENTER FOR BIOETHICS AND MEDICAL HUMANITIES / 55 WORD STORIES

55 Word Stories

- Center for Bioethics and Medical Humanities
- About the Center for Bioethics and Medical Humanities
- Education
- Research
- 55 Word Stories
 - UMMC COVID-19 Stories
 - Submit Your 55 Word Story

UMMC COVID-19 Stories

During this unexpectedly emotional and stressful time, members of medical communities like UMMC often neglect their own well-being as they focus on the immediate needs of others. By sharing stories, however, we can express our fears, challenges, triumphs and tragedies and reconnect to our colleagues, friends, and even ourselves. In this spirit, UMMC's Office of Well-Being in collaboration with the Center of Bioethics and Medical Humanities is joining other institutions like Emory and University of Washington Medical School in offering a platform to enable any member of the UMMC community to share COVID-19 experiences and reflections (maximum 55 words).

This forum will help us understand, appreciate, or process something about this pandemic and the ways it has radically changed our everyday lives, particularly for those here at UMMC. We invite ALL members of the UMMC community to [contribute their short reflections here](#). You may prefer to identify yourself or post anonymously.

The stories are posted below are 55 words or shorter and are published with permission. Be sure to count your words before submitting if you'd like to see your story published.

Finding Courage Through Fear

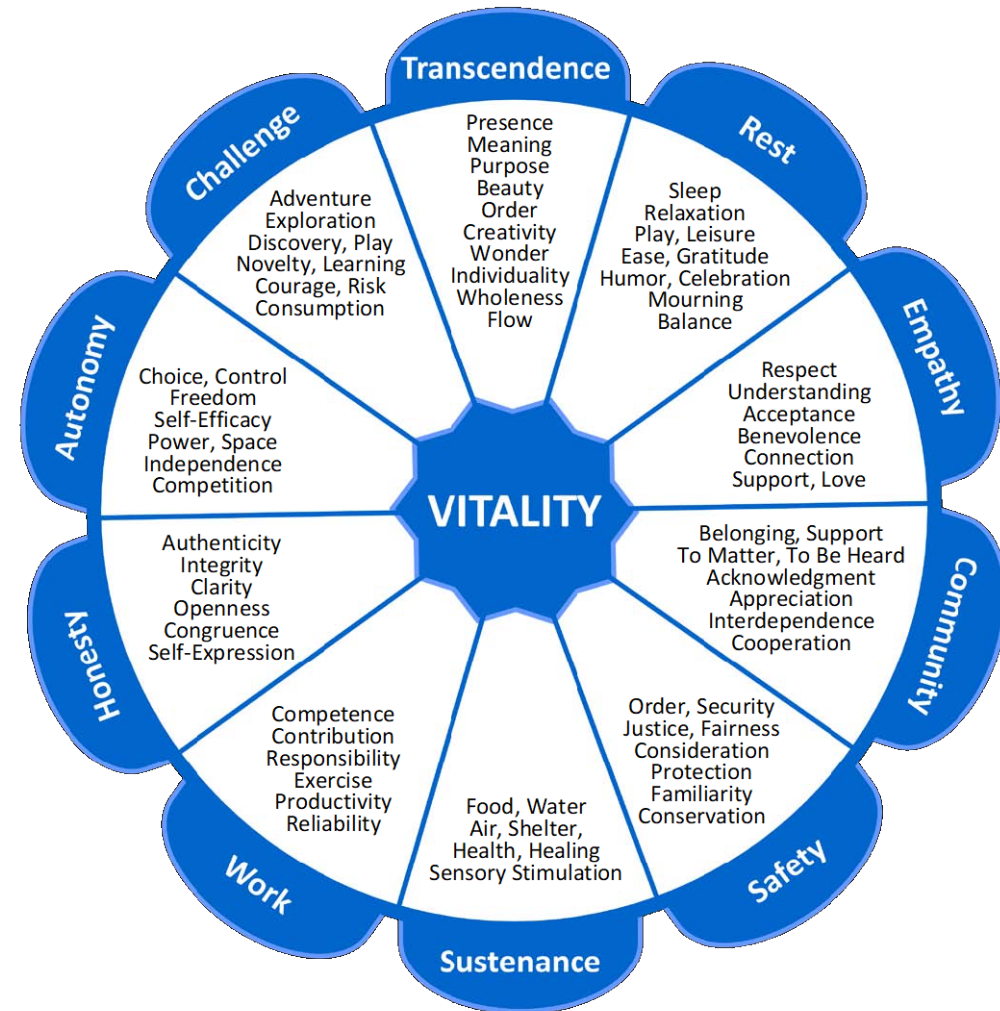
Covid-19 brings fear to my mind. Health care workers courageously

Have a positive mindset!

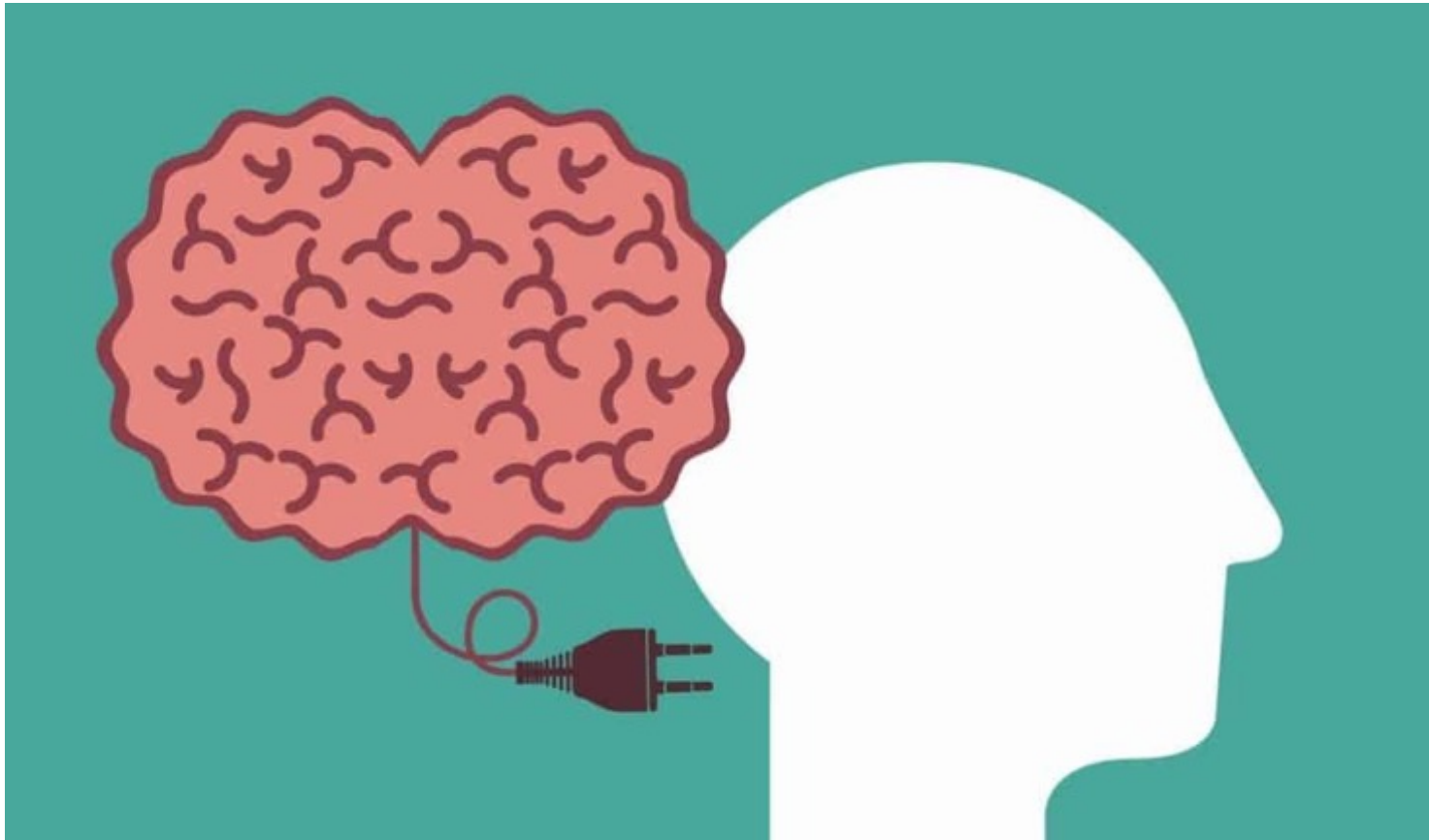
- It is ok to be afraid, in fact, we should be! The trick is in the mindset!
- When you aren't sure how to act or what to do, **ask yourself, “what would my positive role model do”?**
- When you are really overwhelmed, focus on the baby steps and **put one foot in front of the other**. Ask yourself, “what is the next thing I need to do?”
- Consider this quote from Mark Twain – **“Courage is not the absence of fear, it is acting in spite of it.”**

Finally, when talking with someone (or yourself)...

- 1) Consider the need behind the feeling first
- 2) then focus on how that need can best be addressed



Inspired by the work of Jim & Jori Manske (2005) <http://radicalcompassion.com>,
Marshall Rosenberg (2005) <http://www.cnvc.org>, and Manfred Max-Neef (1992), Chilean economist



How to Make These Happen

- Commit to 1-2 of these practices today.
- Find a reliable time to do it, and hold yourself to that.
- Share these with others!
- Connect! Bring people together via Zoom for a non-business meeting!
- Notice your feelings and your mood – reach for these tools when you can most use them!



On the Horizon

- Look to you Chapter for ongoing Wellbeing-Programming
- Look to ACP, NAM, AMA for same
- Don't be afraid to speak up, share your stories, write things down, express your thoughts

When this is over,
may we never again
take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theatre
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way—better
for each other
because of the worst.

LAURA KELLY FANUCCI

There are so many helpful references and resources for this. Here are a few that support the evidence behind many of these theories, but there are many more beyond this.

- Square breathing - Ma et al, [Front Psychol.](#) 2017; 8: 874.
- Laughter - Kuiper, N. Europe's Journal of Psychology, 2012, Vol. 8(3), 475–491,
- Gratitude - Kaplan et al [Journal of Business and Psychology](#) volume 29, pages367–380(2014); Chopik et al [J Posit Psychol.](#) 2019; 14(3): 292–302., Di Fabio et al [Front Psychol.](#) 2017; 8: 2025.
- 3 Good Things - [Sexton and Adair; BMJ Open.](#) 2019; 9(3): e022695.
- Happiness Boosters – Scott et al <https://doi.org/10.5465/amj.2011.59215086>; Wildschut et al, [Current Directions in Psychological Science](#) 17(5) · October 2008
- Social Isolation/Loneliness in the Workplace - Soler-Gonzalez et al [Front Psychol.](#) 2017; 8: 1475.
- Wheel of Needs – Manske <http://radicalcompassion.com>

Helpful Books on Happiness:

- [Authentic Happiness by Martin Seligman](#)
- [Stumbling on Happiness by Daniel Gilbert](#)
- [The Happiness Advantage by Shawn Achor](#)
- [Happiness Is an Inside Job: Practicing for a Joyful Life by Sylvia Boorstein](#)
- [The Happiness Project by Gretchen Rubin](#)
- [The Happiness Hypothesis by Jonathan Haidt \(+ Summary\)](#)
- [The Happiness Equation by Neil Pasricha](#)
- [Happiness by Design: Finding Pleasure and Purpose in Everyday Life by Paul Dolan](#)
- [The Happiness Factor: How to Be Happy No Matter What! by Kirk Wilkinson](#)
- [The How of Happiness by Sonja Lyubomirsky](#)
- [Solve for Happy by Mo Gawwat](#)
- [Happiness: Lessons from a New Science by Richard Layard and Baron Layard](#)



Seek and find some serenity....



Questions?!
Comments?
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