

The Science of Happiness



The Hippocampus:



area of the human brain responsible for

happiness and positive memories.

±20
minutes

a day outside in **good weather**



boosts positive mood

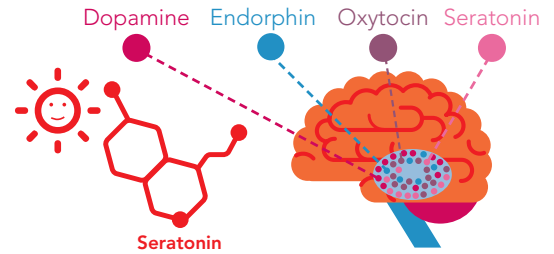


broadens thinking



and improves working memory

Serotonin is the most NB happy chemical. It is a neurotransmitter released when we are happy. Serotonin helps to regulate: Learning, Appetite and Mood. Meet the rest of the **Happy Chemicals team**: Dopamine, Endorphin, Oxytocin and Serotonin.



Sitting



Walking for 20 minutes

“Moving releases **PROTEINS AND ENDORPHINS** that make the brain feel happier.”

The two biggest factors that contribute to happiness around the world:

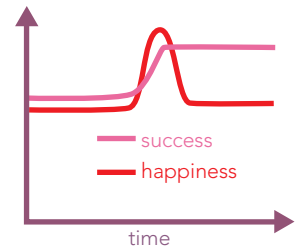


A sense of community &

FREQUENT COMMUNITY CELEBRATIONS

Happy employees:

Communicate, laugh, lead, succeed. They are energised and are able to be more creative and function optimally. That means – lower staff turnover, functional teams, great leadership, staff commitment.



How do we create **Happiness in the work environment?** Consistent forms of positive change; formalised sessions plus casual engagement. Allows employees to



LAUGH



LEARN



MOVE



COMMUNICATE

Maslow Hierarchy of Needs



These come from our occupation, work environment! And are most NB

These basic needs are met by family and friends

HAPPY EMPLOYEES are **180%** more energised, **108%** more engaged, **50%** more motivated and **40%** more confident than unhappy employees.



A **physically Healthy** employee **≠** A **Happy** employee

Our **philosophy** is one that encompasses creativity, strategic thinking, development and the implementation of a holistic program that offers you as a corporate, a turn key service.

