

Expressing gratitude is a demonstrated way of fostering happiness. Researchers have found that?

?people who regularly write down things for which they are grateful in "gratitude journals" have
?increased satisfaction in life, higher energy levels, and improved health. In one study, people who
?read a letter of appreciation to someone in their lives were measurably happier almost one month
?later. Performing acts of kindness or altruism boosts moods. Twitter chat participants stressed the
?importance of smiling and laughing, pointing to movements like "laughter yoga" around the worl