



## Happiness at Work Quiz Results

Your score is **6 out of 10**, suggesting that you are experiencing moderate levels of happiness at work. This means that you feel that your work matters occasionally; then you feel motivated and somehow engaged in your work activities; but sometimes you can't handle challenges and feel in good mood you don't ask for help from your colleagues. Research has identified concrete ways that individuals can experience more happiness at work on a regular basis. Here are some tips to try:

### **Meaningful job:**

**Do the job that has a sense** for you . Use your strengths and identify opportunities that align with your values and skills that will make you productive and useful . Seek out work experiences where you can learn and grow.



**Cultivate Optimism:** When you are genuinely engaged in your work, you'll experience a positive and fulfilling state of mind. Your enthusiasm and your optimism will enhance your productivity but also help you to persist when problems arise, you will be solution oriented and creative.

**Take short breaks and breathe.** Giving yourself time to disconnect from work-related activities will help restore your energy to gracefully handle adversity at work.

**Don't be afraid to ask for help.** Treat your colleagues with respect and dignity. Express compassion when they are struggling, and gratitude when they lend you a helping hand.



If you are a manager, try these tips:

**Share your ideas with your team.**

People feel a greater sense of purpose toward their work when they understand what's motivating it. Be transparent with employees about decisions and share your greater vision with the group.

Celebrate results: recognize people for their efforts. Foster an inclusive environment where people feel appreciated and accountable for their work. It is not only important to celebrate large accomplishments but also to thank people for hard work they put in every day.

**Create a positive environment.** When coworkers can get to know one another, the whole team benefits. Not everyone will become friends but creating opportunities to form strong social bonds among colleagues can greatly increase workplace happiness.