

Additional Resources

Food for Thought

"There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will."

- Epictetus

Learn more about Rational Emotive Behavioral Therapy & Albert Ellis visit albertellis.org

Acts of kindness boost the mood. Give your friends a ride to the airport or spend an afternoon volunteering. Some research has shown that people who perform such acts report being happier.

- Review of General Psychology

We're Social!

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"The happiness of your life depends upon the quality of your thoughts."

-Marcus Aurelius

Happiness: An Inside Job

If you're facing a lot of adversity in life or just struggling to find joy in this world, you might do well to check out the story and sayings of the ancient philosopher Epictetus. He believed that it isn't the things that happen to us which make us unhappy, but rather our reaction to them that causes those ill feelings.

If your boss shares some constructive feedback and it ruins your day, it's likely that the feedback itself isn't causing you distress – rather, the feelings of insecurity or perhaps disappointment in your efforts are what's making you feel less than stellar. By extension, if you can control the way you think about things, it might positively impact the way you feel about them.

This philosophy was so powerful and influential that it even inspired the renowned psychologist Albert Ellis (1913-2007) in his creation of Rational Emotive Behavior Therapy (REBT), a therapeutic approach in which the counselor helps the client dispute irrational beliefs – such as, "everyone must like me" or "I must be perfect all the time" – that cause unhappiness.

It's not always easy to gain power over our thoughts and feelings. This is where Ulliance can help. If you'd like to find more ways to enhance your work-life balance and hopefully increase your happiness, call and speak with one of our Life Advisor consultants today.