

## 8. Plan a trip--but don't take one

As opposed to actually taking a holiday, it seems that planning a vacation or just a break from work can improve our happiness. A study published in the journal, Applied Research in Quality of Life showed that the highest spike in happiness came during the planning stage of a vacation as employees enjoyed the sense of anticipation:

*In the study, the effect of vacation anticipation boosted happiness for eight weeks.*

*After the vacation, happiness quickly dropped back to baseline levels for most people.*

Shawn Achor has some info for us on this point, as well:

***One study found that people who just thought about watching their favorite movie actually raised their endorphin levels by 27 percent.***

*If you can't take the time for a vacation right now, or even a night out with friends, put something on the calendar--even if it's a month or a year down the road. Then whenever you need a boost of happiness, remind yourself about it.*

<http://www.fastcompany.com/3015486/how-to-be-a-success-at-everything/10-simple-science-backed-ways-to-be-happier-today>