



Boston University Faculty & Staff Assistance Office

Phone: 617-353-5381 **Email:** fsao@bu.edu **Web:** www.bu.edu/fsao

Resources for Thriving in the New Year

Well-being Overall

Univ of CA, Berkeley, Greater Good Science Center: [Keys to Well-Being](#)

Helpguide: [Well-being & Happiness](#)

American Psychological Association, [Emotional Health](#)

Brooks, A. & Winfrey, O. (2023). [Build the Life You Want: The Art and Science of Getting Happier.](#) Portfolio/Penguin Random House.

Building Relationships

[Making Good Friends.](#) HelpGuide.org.

[36 Questions for Increasing Closeness.](#) Greater Good Science Center In Action.

[Identify Your Energy Vampires' and 'Chaotic Friends.'](#) January 3, 2024. New York Times Energy Challenge Day 4.

[When It's Hard to Connect, Try Being Curious.](#) December 7, 2023. Greater Good Science Center Science of Happiness Podcast.

[How Thinking About Your Ancestors Can Help You Thrive.](#) December 21, 2023. Greater Good Science Center Science of Happiness Podcast.

Franco, M. (2022). [Platonic: How the Science of Attachment Can Help You Make – and Keep – Friends.](#) G.P. Putnam's Sons.

Hope

[Hope as the antidote.](#) January 1, 2024. American Psychological Association.

[How hope can keep you happier and healthier.](#) June 17, 2020. Greater Good Science Center Magazine.

Gratitude

[Gratitude: The Benefits and How to Practice It.](#) HelpGuide.org.

[Tips for Keeping a Gratitude Journal.](#) Greater Good Science Center Magazine.

[Nature. Beauty. Gratitude.](#) TED xSF - Louie Schwartzberg's stunning time-lapse photography, accompanied by the powerful words of Benedictine monk Brother David Steindl-Rast, services as a meditation on bring grateful for every day.

Humor

[Laughter is the Best Medicine](#). HelpGuide.org

[Why Humor Matters for Happiness](#). August 17, 2023. Greater Good Science Center Science of Happiness Podcast.

Stand-up comedy specials:

- [The 25 best comedy specials on Netflix](#). Entertainment. January 9, 2024.
- [Best Comedy of 2023](#). New York Times. December 5, 2023.
- [The Best Comedy Specials of 2023](#). Vulture. December 6, 2023

Altruism

[What is Altruism?](#) Greater Good Science Center Magazine

[Volunteering and its Surprising Benefits](#). HelpGuide.org

Transcendence

Keltner, D. (2023). [Awe: The New Science of Everyday Wonder and How it Can Transform Your Life](#). Penguin Press.

May, K. (2023). [Enchantment. Awakening Wonder in an Anxious Age](#). Riverhead Books.

Habit Change

BJ Fogg's free [5 day program](#) to learn the [Tiny Habits®](#) method.

James Clear: [The Scientific Argument for Mastering One Thing at a Time](#)

Psychology Today: [6 Powerful Ways to Build New Habits, How strengthening your habits can strengthen your brain](#)

Podcasts:

- The Happiness Lab: [Dump Your Inner Drill Sergeant](#)
- Hidden Brain, [Creatures of Habit](#)

Mindfulness Resources

Headspace. Meditation and Mindfulness app. BU employees register [here](#) for free.

Cambridge Health Alliance Center for Mindfulness and Compassion: [Free Virtual Community Practice](#) (includes practices in Spanish and Portuguese).

For additional information and resources, see the **FSAO website**: (<http://www.bu.edu/fsao/>) and the **BU Wellness website** (www.bu.edu/wellness). You can also meet with an experienced, professional counselor for assistance in developing your own personal plan for cultivating well-being. For a free and confidential appointment, contact the BU **Faculty & Staff Assistance Office** at 617-353-5381, or through: <http://www.bu.edu/fsao/contact/>.