



BRAIN HACKS FOR LIFE

REMEMBERING HAPPY MEMORIES

- Hokey? But easily doable...
- Increases serotonin production
- Keeps you from thinking about negative events
- Remember a positive event in your life
 - Examples: Special childhood birthday, a fun trip, or a pleasant Sunday afternoon
 - Visualize a snapshot of the event
 - Assign a tag word



Find more resources from Caterpillar's Employee Assistance Program at EAP.cat.com.