Happiness Exercises

Each day, the app will prompt you to complete one Happiness Exercise.

The app will randomly assign you to complete one of five exercises: 3 Good Things, Experiencing Kindness, Savoring, Rose Thorn and Bud, or Reliving Happy Moments.
Happiness Exercises

The Happiness feature can be accessed at any time from the main menu.

Press the green tree icon labeled “Happiness.”
The app will first provide instruction on how to complete each exercise, then ask you to **fill in your answers**.

Here, the exercise to complete is Experiencing Kindness.

The user is able to enter their answer in the box labeled **“Enter text.”**

Above the exercise, there is an option to view **examples** of answers for this particular exercise.

Pressing **“Why this exercise?”** can help you to understand how each unique exercise increases your happiness.
Happiness Log

The **Happiness Log** is shown after you complete your daily exercise.

Here, you can see a log of every exercise you’ve completed since you downloaded the SiS app!

On this screen, the user is reviewing their Savoring exercise from May 26th.

Savoring:

- Savored moment: dog-walking in a park with lots of kids playing tee ball on a perfect summer day
Contact Us!

sis@mgh.Harvard.edu

617-724-3129