

Happiness

Trait Report

REPORT CATEGORY —



PERSONALITY

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

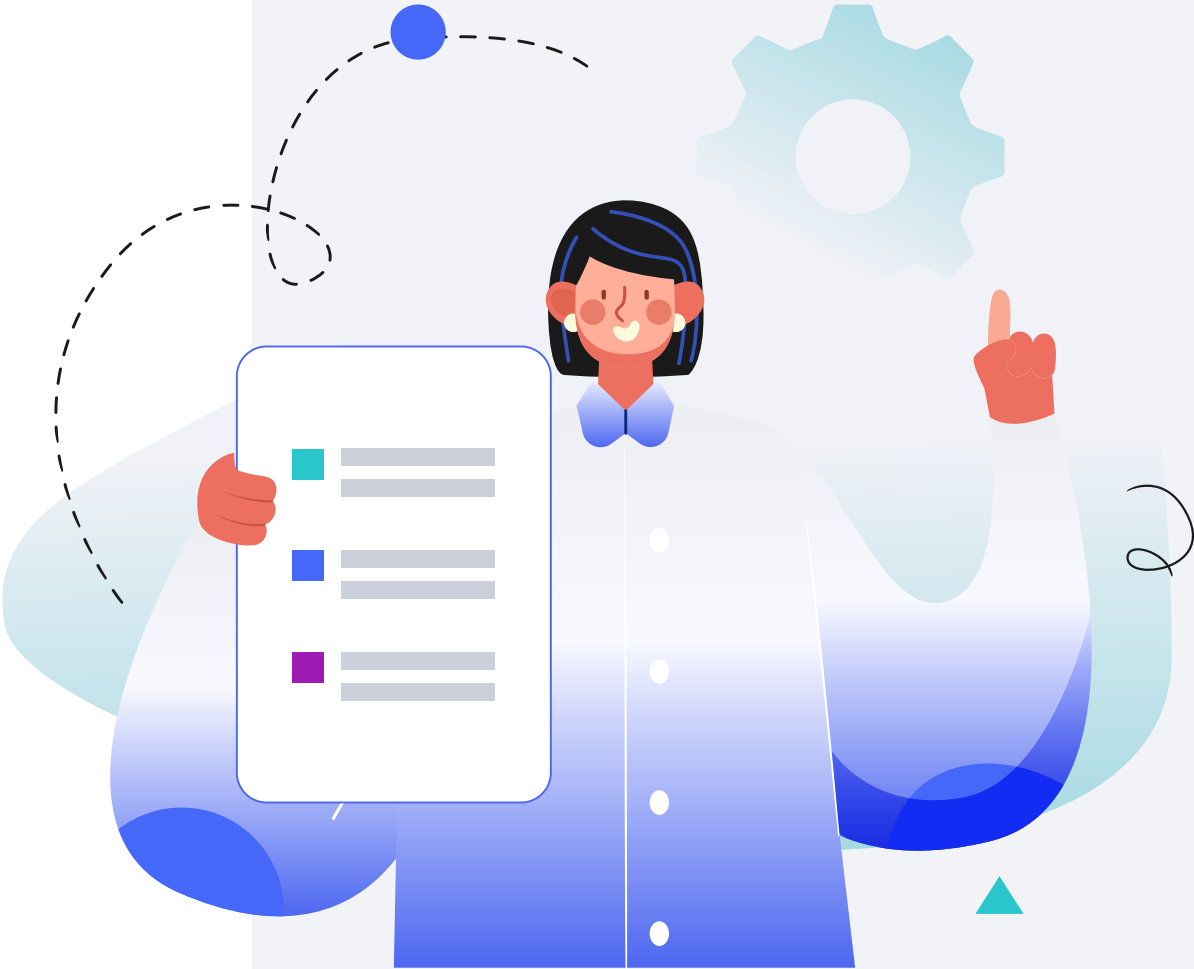
Male

HEIGHT

5ft 5" 165cm

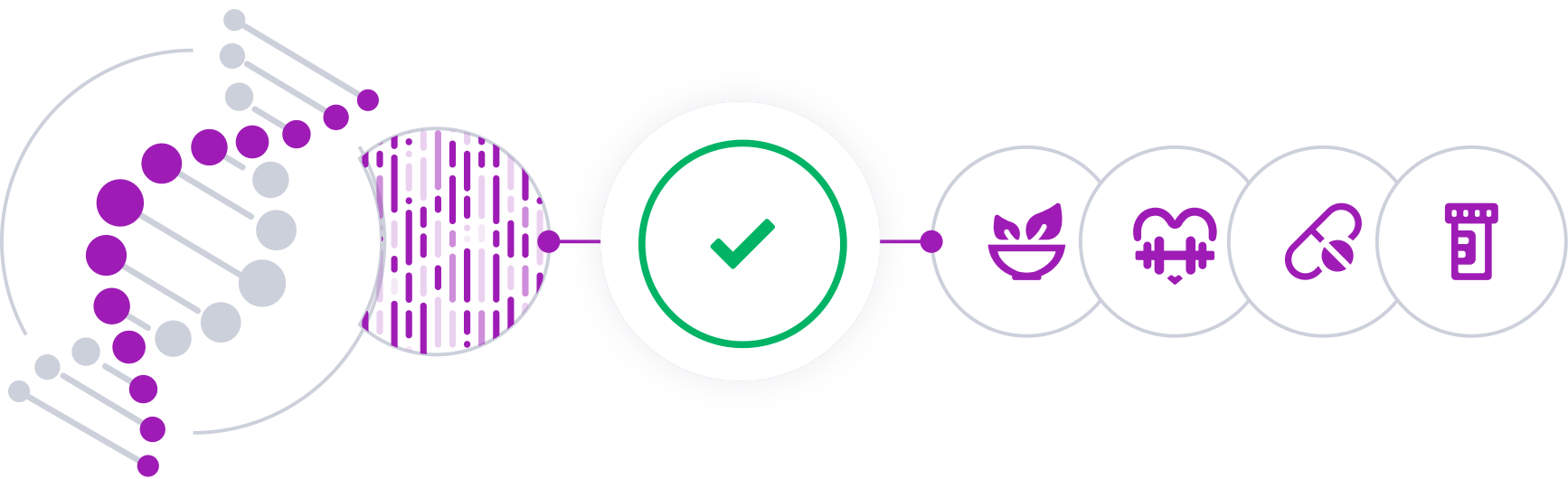
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

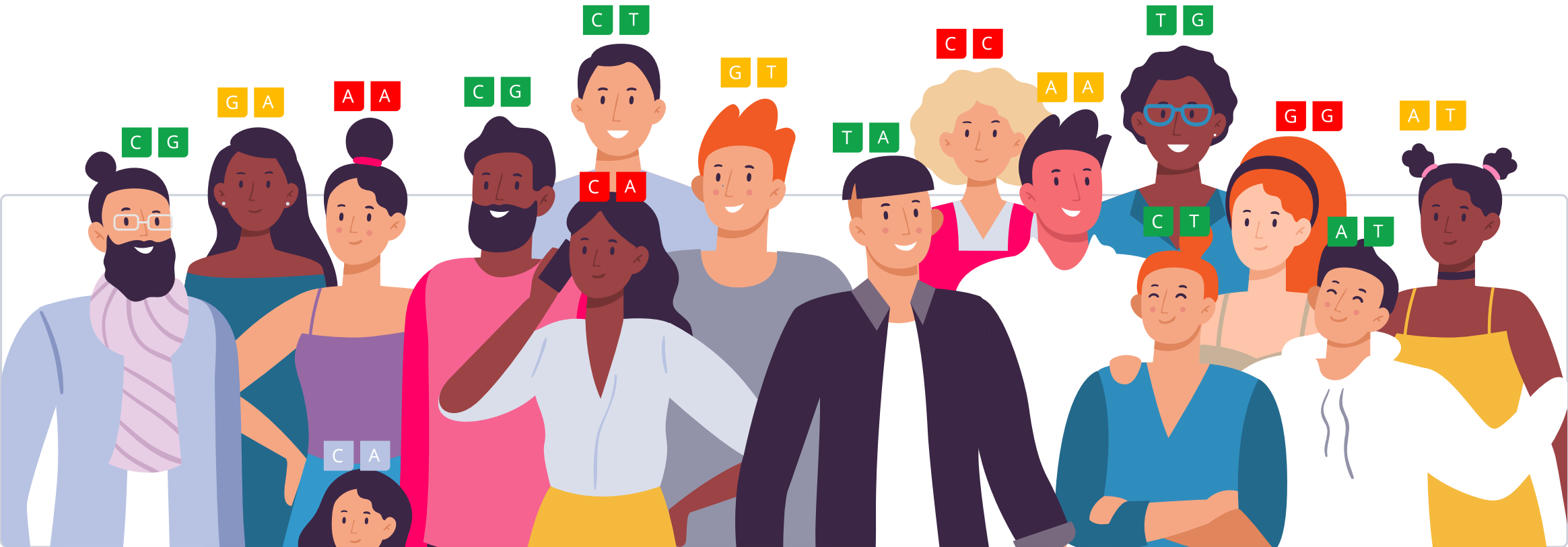


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

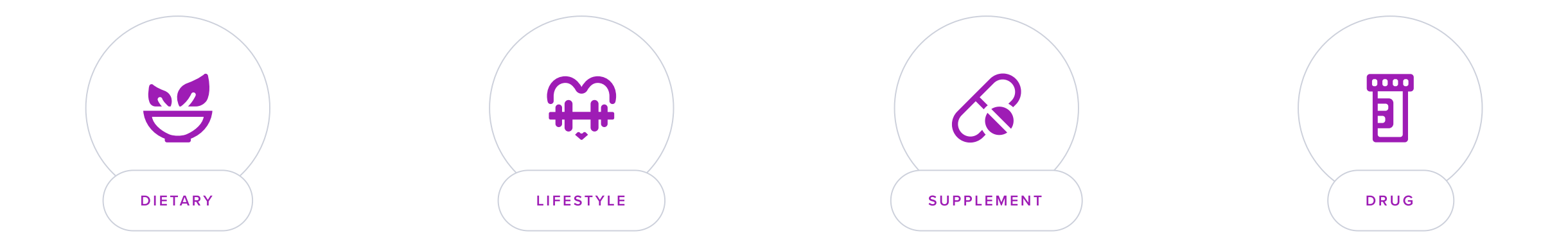
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Happiness is a tendency to experience positive emotions. Some call it **subjective well-being**, because only you can determine how happy you are [\[R\]](#), [\[R\]](#).

People who are happy tend to be more [\[R\]](#), [\[R\]](#):

- Optimistic
- Sociable
- Energetic
- Creative
- Adaptable
- Resilient

Positive emotions have been linked to **greater satisfaction and success in life** [\[R\]](#), [\[R\]](#).

But what is the real purpose of happiness? One theory suggests that positive emotions push people to broaden the way they think. This may help them learn new things, build more fulfilling relationships, and improve their physical fitness and wellbeing [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

However, happiness may also be linked to riskier behaviors [\[R\]](#).

Factors Impacting Happiness

PERSONALIZED TO GENES

Based on the genetic variants we looked at, your happiness is likely typical. However, your lifestyle and the environment may also influence your happiness.

Happiness is a tendency to experience positive emotions [R, R].

You may have heard the classic saying: “Money can’t buy happiness.” This seems to be true, but only after a certain point. Once enough money is available to meet all your basic needs, such as healthcare, food, and shelter, it may no longer have a big impact on your happiness [R, R, R].

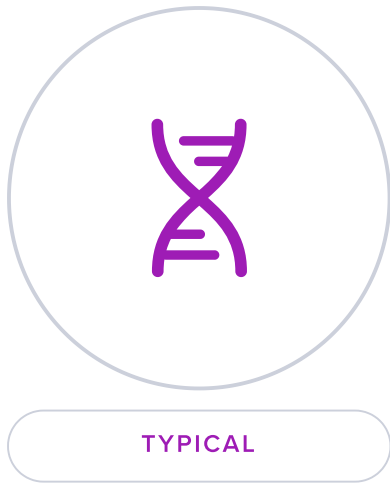
Two factors that may play more consistent roles in happiness include your [R, R]:

- **Social networks** (i.e., family, friend, neighbor, workplace, and religious ties)
- **Genetics**

Up to 50% of the differences in happiness may be due to genetic factors. Genes linked to happiness often influence the levels of chemical messengers in the brain [R, R, R, R].

Science suggests the following lifestyle changes can increase your overall happiness:

- Cultivating gratitude [R, R, R, R]
- Practicing optimism [R, R, R]
- Nurturing relationships [R, R, R, R, R]
- Savoring positive experiences [R, R, R]
- Being physically active [R, R]
- Eating a healthy diet, with a high amount of fruits and vegetables [R, R]
- Being generous and kind to others (e.g., by volunteering) [R, R, R, R, R, R]
- Practicing mindfulness or meditation [R, R, R, R]



Predisposed to typical happiness based on 6,756,825 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
DIS3	rs6562728	AA
TSNAX	rs149934137	CC
LSAMP	rs186389748	GG
PTTG1	rs60836640	AA
/	rs188951461	AA
/	rs115590131	CC
FAM174B	rs144998313	AA
/	rs191130939	TT
RPRM	rs147158068	AA
ADGRL2	rs1752216	AA
TTLL3	rs1085719	TT
CABCOC01	rs61850473	AA
GATAD2B	rs67881926	CC
AQP10	rs12726220	AA
LRRK2	rs11176342	TT
EIF4G3	rs12125335	TT
SRPK2	rs73186011	GA
ABHD5	rs6772840	TT
VAT1L	rs78974596	CC
PCSK7	rs1815787	CC
GRIN2A	rs3104707	AA
LYRM7	rs13185787	AA
GRIN2A	rs3104705	AA
/	rs34256173	GT
SLC27A2	rs1124609	GA
LRRC31	rs17217370	AA
LSAMP	rs57682148	AA
EFNA5	rs78999617	TT
/	rs191127136	CC
SPOCK2	rs7072898	GG
HNF4G	rs139049023	AA
FERMT1	rs71338529	GG

- Avoiding overthinking and comparing yourself to others (e.g., on social media) [\[R\]](#), [\[R\]](#), [\[R\]](#)

GENE	SNP	GENOTYPE
GRK5	rs72834178	AA
ARID2	rs75279353	GG
DPP10	rs111443797	CC
MKRN2	rs11721082	AA
/	rs149797950	AA
TAF5	rs113959751	GG
PTH2R	rs77202885	AA
/	rs144077837	GG
GAS1	rs78388617	GG
PAFAH1B2	rs61905145	GG
PHYHIP	rs4075536	AA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Aerobic Exercise (Cardio)	1 hour	
2	Yoga	30 minutes	
3	Mediterranean Diet		
4	Pickleball		
5	EFT Tapping	20 minutes	
6	Bifidobacterium Lactis Bi-07	10 billion CFU	
7	Pilates	30 minutes	
8	Laughter Therapy	30 minutes	
9	Chicory		
10	Spend Time in Nature	2 hours	
11	Meditation	30 minutes	
12	Exercise At Least One Hour a Day	1 hour	
13	Art Therapy	1 hour	
14	Fruits And Vegetables		
15	Green Tea	400 mg	
16	Probiotic Yogurt		
17	Dance	30 minutes	
18	Cognitive-Behavioral Therapy (CBT)		
19	Social Activity	1 hour	
20	Listen to Music	30 minutes	
21	Berries		

1



Aerobic Exercise (Cardio)

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Regular physical activity has been associated with improved well-being (including increased happiness) in people of all ages [\[R\]](#), [\[R\]](#).

Aerobic exercise may also improve happiness in patients with lymphoma [\[R\]](#).

Aerobic exercise may help by promoting the release of mood-boosting chemicals (endorphins).

2



Yoga

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga significantly enhances happiness, as evidenced by several studies. It improves emotional awareness, mood states, and overall well-being. For example, a specialized program enhanced happiness and emotional awareness in children. Another study associated regular yoga practice with increased happiness among adults, including enhanced life satisfaction and psychological health. Moreover, yoga interventions have shown improvements in well-being and stress reduction, positively impacting mental states associated with happiness [\[R, R, R\]](#).

3



Mediterranean Diet

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

Adherence to a Mediterranean diet may increase happiness in people of all ages. The consumption of fruits and vegetables may be particularly beneficial [\[R, R, R\]](#).

The Mediterranean diet may help by improving health-related quality of life.

4



Pickleball

IMPACT

2 / 5

EVIDENCE

2 / 5

Description

A meta-analysis of 13 studies concluded that practicing pickleball improves happiness, depression, life satisfaction, well-being, and stress in people older than 50 years old [\[R\]](#).

How it helps

A meta-analysis of 13 studies concluded that practicing pickleball improves happiness, depression, life satisfaction, well-being, and stress in people older than 50 years old [\[R\]](#).

5

EFT Tapping

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Perform EFT (Emotional Freedom Technique) tapping daily for about 15 to 20 minutes. Focus on a specific issue while tapping with your fingertips on 9 specific meridian points on the body in a sequence: karate chop (side of the hand), top of the head, eyebrow, side of the eye, under the eye, under the nose, chin, beginning of the collarbone, and under the arm. Repeat the process 3 to 5 times or until you feel relief.

TYPICAL STARTING DOSE

20 minutes

Description

EFT Tapping is a mind-body technique that involves tapping on specific acupressure points while focusing on emotional issues or physical discomfort. Some individuals find it helpful for managing stress, anxiety, and emotional well-being.

How it helps

EFT tapping is thought to relieve stress and promote relaxation, thereby potentially increasing feelings of happiness. It focuses on improving your emotional health, which can have a significant impact on your overall happiness.

6

Bifidobacterium Lactis Bi-07

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

[Bifidobacterium animalis](#) is a [probiotic](#) bacterium that can be found in the healthy gut of most mammals, including humans. *B. lactis* was previously considered to be a separate species but was shown to be a subspecies of *B. animalis* [\[R\]](#), [\[R\]](#).

People mainly take *B. animalis* to support gut health [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

B. lactis Bi-07 is a strain that may help reduce the risk of diarrhea, improve gut health, and boost the immune system. It can be taken as a probiotic supplement or found in yogurts and fermented foods.

How it helps

In a placebo-controlled trial of with healthy adults aged 25-65, supplementation with xylo-oligosaccharide, *Bifidobacterium lactis* Bi-07, or their combination for 21 days improved bowel movements, vitality, happiness, and plasma HDL concentrations. Bi-07 also influenced gut microbiota (by significantly increasing *B. lactis* counts) and immune markers (lower lipopolysaccharide-stimulated IL-4 secretion in whole-blood cultures and salivary IgA content). The synbiotic combination showed potential for additional health benefits, including immune function modulation (by reducing the expression of CD19 on B cells) [\[R\]](#).

7



Pilates

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in Pilates exercises for at least 20-30 minutes, 3 times a week. Focus on core strength, flexibility, and mindful breathing. It is suitable for both beginners and advanced individuals, adjusting the difficulty of exercises as necessary.

TYPICAL STARTING DOSE

30 minutes

Description

Pilates is a form of exercise that focuses on strengthening the core, improving flexibility, and enhancing overall body awareness through controlled movements and breathing techniques. Its health benefits include increased core strength, improved posture, enhanced flexibility, and better balance, making it a popular choice for those seeking a holistic approach to fitness.

Pilates is a type of exercise that emphasizes proper alignment, breathing techniques, and precise movements.

It involves a series of controlled movements performed on a mat or with specialized equipment, such as a reformer or Cadillac. Pilates helps strengthen the core muscles, improve flexibility, and promote mind-body awareness.

How it helps

In a non-placebo-controlled trial of 60 elderly women, practicing Pilates for 8 weeks improved happiness and depression scores [\[R\]](#).

Pilates may help by promoting the release of endorphins. In addition, its focus on mindful movements can aid mental well-being and reduce stress.

8

Laughter Therapy

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Dedicate at least 15-30 minutes a day to watch, listen to, or participate in activities that make you laugh, such as watching a comedy show, attending a stand-up comedy event, or engaging in laughter yoga sessions. Consistently incorporate these laughter-inducing activities into your daily routine for an ongoing period to harness the health benefits of laughter.

TYPICAL STARTING DOSE

30 minutes

Description

Laughter therapy has been shown to improve cardiovascular health, reduce stress, and boost the immune system. It can also help to improve mood, relieve pain, and increase social bonding.

How it helps

In a non-placebo-controlled trial of 185 patients treated for addictions, adding integrative laughter therapy to their conventional treatment increased happiness and self-esteem [\[R\]](#).

Laughter therapy promotes the release of endorphins, which create a positive and happy state of mind. This reduces stress, enhances mood, and fosters a general sense of well-being.

9

Chicory

IMPACT1 / 5

EVIDENCE1 / 5

Description

Chicory is a nutrient-rich vegetable that has been shown to have a number of health benefits. It is a good source of fiber, vitamin K, and antioxidants. Chicory may also help to improve digestion, lower blood sugar levels, and boost the immune system.

How it helps

A placebo-controlled trial of 47 healthy volunteers investigated the acute effects of oligofructose-enriched inulin (5 g) on wellbeing, mood, and cognitive performance. Inulin consumption led to increased happiness, reduced indigestion, and less hunger compared to placebo. Memory tasks showed improved accuracy and recall [\[R\]](#).

10



Spend Time in Nature

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Aim to spend at least 120 minutes per week in natural environments, such as parks, forests, or beaches. This can be divided into short durations throughout the week, for example, 17 minutes per day or longer sessions on weekends.

TYPICAL STARTING DOSE

2 hours

Description

Spending time in nature, also known as ecotherapy or forest bathing, is a wellness practice that involves immersing oneself in natural environments. It offers mental and physical health benefits, including reduced stress, improved mood and eye health, healthier weight, and blood sugar control.

Spending over 2 hours in nature every week is linked to better health and well-being [\[R\]](#).

Spending more time in nature or in urban green areas may help support [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Healthy weight
- Blood sugar control
- Heart health
- Mental health
- Eye health

To get in touch with nature, you can [\[R\]](#), [\[R\]](#):

- Go on a walk
- Go biking or camping
- Garden
- Visit a park

How it helps

Exposure to nature can elevate mood, reduce stress, and improve mental well-being.

11

Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Mindfulness and meditation practices can lead to an improved mood by reducing stress and promoting relaxation.

12



Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular physical activity can boost self-esteem, energy levels, and overall mood while reducing stress and anxiety.

13



Art Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in art therapy sessions, which can include activities such as painting, sculpting, or drawing, for 1-2 hours per week. These sessions can be done either in group settings guided by a trained art therapist or individually, depending on your comfort level and goals. It is beneficial to engage in this practice consistently for several months to observe the therapeutic benefits.

TYPICAL STARTING DOSE

1 hour

Description

Art therapy is a type of therapy that encourages free self-expression and reflection through [\[R\]](#):

- Painting
- Drawing
- Clay modeling

It may be combined with mindfulness. Mindfulness is the practice of being aware of the present moment without any judgment [\[R\]](#).

Art therapy is used to improve [\[R\]](#):

- Self-esteem
- Self-awareness
- Emotional resilience
- Social skills

How it helps

Art therapy can provide a creative outlet for expressing emotions and can reduce stress and promote relaxation.

14



Fruits And Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Increase your intake of fruits and vegetables to at least five servings per day, aiming for a variety of types and colors to ensure a broad range of nutrients. Each serving size should roughly be the amount you can fit in one hand. Try to incorporate at least one serving of fruits or vegetables into every meal and snack throughout the day.

Description

A diet rich in fruits and vegetables provides essential nutrients, antioxidants, and dietary fiber. This combination supports overall health, helps maintain a healthy weight, and reduces the risk of chronic diseases such as heart disease and certain cancers.

How it helps

A diet high in fruits and vegetables provides a variety of nutrients and antioxidants that can improve mental well-being.

15



Green Tea

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R, R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R, R, R, R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

Green tea contains an amino acid called L-theanine, which has a soothing effect on the brain and promotes relaxation without drowsiness.

16



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt contains beneficial bacteria which can positively influence brain function and may contribute to an improved mood by promoting gut health.

17



Dance

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in dance activities for at least 30 minutes, three times per week. You can choose any form of dance you enjoy, such as ballroom, hip hop, or salsa, and you can dance at home, in a studio, or in a group class setting.

TYPICAL STARTING DOSE

30 minutes

Description

Dancing involves moving your body to music. Many people take dance classes to learn various styles of dance and improve their skills. Examples include:

- Ballet
- Zumba
- Belly dancing
- Hip hop
- Salsa

Dancing is a fun, creative, and relaxing activity. It can also provide a range of health benefits, improving your heart health, brain health, fitness, and more.

How it helps

Dancing can be both a physical and social activity that enhances mood through exercise, music, and social interaction.

18



Cognitive-Behavioral Therapy (CBT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

CBT helps in identifying and modifying negative thought patterns and behaviors which can improve mood and increase feelings of well-being.

19



Social Activity

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in group activities or gatherings with friends, family, or community members at least twice a week. This could include joining clubs, attending local events, or scheduling regular outings with friends. Aim for these social engagements to last at least an hour each time to foster meaningful connections and conversations.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in social activities, such as spending time with friends and family or participating in group events, can have numerous mental and emotional health benefits. It helps reduce feelings of loneliness, enhances mood, and promotes a sense of belonging and well-being.

Social activities involve physical and mental activities with others that you enjoy and find meaningful. There are plenty of ways to stay socially active and maintain social well-being as you age.

Research has shown that a socially active lifestyle [\[R\]](#):

- Makes you less likely to develop certain chronic conditions.
- May promote a longer lifespan.
- Can improve mood and mental health.
- Can improve memory and other aspects of cognition.

How it helps

Socializing and staying connected with others can provide support, reduce feelings of loneliness, and enhance happiness.

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Listen to Music

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Select music that aligns with your preference and listen for at least 30 minutes per day. This can be done while engaging in other activities or as a standalone activity to relax or energize yourself, depending on the genre chosen.

TYPICAL STARTING DOSE

30 minutes

Description

Listening to music can have a positive impact on mental and emotional well-being, reducing stress, improving mood, and even enhancing cognitive performance. Music therapy is used in various healthcare settings to support mental health and overall quality of life.

How it helps

Listening to music can stimulate positive emotions and create a sense of pleasure or calm.

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Berries

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a variety of berries such as strawberries, blueberries, raspberries, and blackberries into your daily diet. Aim for at least one cup of fresh or frozen berries every day, either as a snack, part of your breakfast (such as in oatmeal or yogurt), or as a dessert.

Description

Berries, such as strawberries, blueberries, and raspberries, are packed with antioxidants, vitamins, and fiber. Regular consumption of berries may support heart health, improve cognitive function, and contribute to overall well-being.

How it helps

Berries are high in antioxidants which have been associated with improvements in mood. Additionally, they can help to reduce stress and inflammation, which are both associated with mood disturbances.