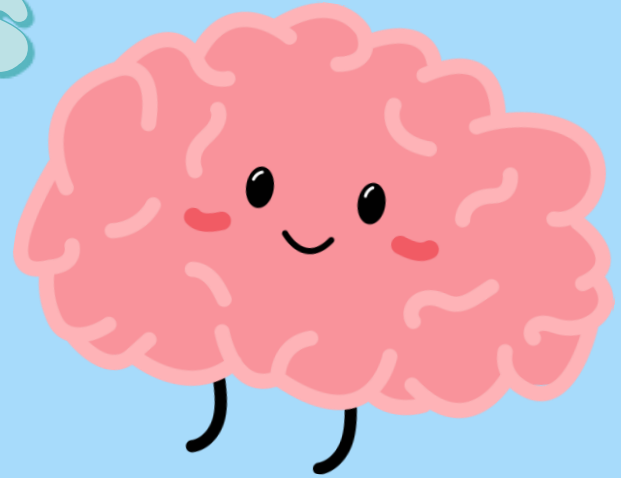


*"It improved my mood, made me more thoughtful about how I move around in the world, and was something I looked forward to each week. I think a lot of people (especially those in health care) can benefit from each of those things." ~OHSU student and previous participant*

# The Science of Happiness

*For OHSU students and postdocs*

Want to connect with your classmates and manage stress in a virtual space around a light-hearted topic? Join the Science of Happiness, a research-informed series similar to one of the most popular classes ever taught at Harvard and Yale. We will explore topics shown in research to increase happiness, such as mindfulness, gratitude, self-compassion, resilience, and acts of kindness. This is a fun and interactive series with tangible takeaways you can apply in daily life! No prior experience or background knowledge needed.



## ***Additional information***

- Three consecutive weeks, with two time options available:  
Tuesdays, May 11, 18, and 25 from 12:00-1:30pm or  
Wednesdays, May 12, 19, 26 from 6:00-7:30pm  
(attendance at all three sessions of the series is helpful but not required. We will send brief notes to those registered so you can still follow along if you want to)
- Offered by Student Health and Wellness (Jen Cai, MPH, MCHES and Lisa A. Schimmel, PhD)
- Virtual platform
- Open to OHSU students and postdoctoral scholars. Spouses and significant others are also welcome, per space being available.

***For questions or to sign up, email Student Health at [shw@ohsu.edu](mailto:shw@ohsu.edu) or call us at 503-494-8665, Option 1.***

*"Its short length with only three sessions makes it a low-level time commitment but the series is filled with very important tips/insights/opportunities for self-awareness and improving your happiness and relationships with others." ~OHSU student and previous participant*