

## Words About Wellness



## Three Good Things

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There is a happiness-boosting exercise that was created and researched by Dr. Bryan Sexton at the Duke Patient Safety Center. This approach is a method to increase happiness, resilience, and also improve patient safety by reducing burn out. The exercise is called "Three Good Things," and it is very simple. You can participate in the research yourself (which just includes doing the actual exercise regularly), by signing up [here](#).

The Three Good Things exercise:

- Every night, just before you go to bed, sit down for a while and look back at your day.
- Then think of 3 things that went well for you during the day.
- Write them down. Reflect and brood upon each of them.

That's all there is to it!

You can also use the Three Good Things App to log your items, "Three Good Things – Happiness Journal."

A personal example for me from 9/19/2019:

1. The kids were decently behaved and ate well at dinner.
2. Had an annual review with an employee that went well and was actually enjoyable to deliver.
3. The weather was perfect for soccer practice.

It doesn't have to be big stuff, just anything to take your mind from the negative to the positive right before your neurons do all of their important work while you're sleeping. There is a lot of research and science behind it, so I encourage you to look more into it if you're interested!

