

Wellbeing in Time of COVID with Dr. Laurie Santos: Live on New Bedford Guide on Dec. 3

COVID-19 has changed how we live but it doesn't have to affect our happiness. Take that from Dr. Laurie Santos, New Bedford High School graduate (Class of '93) and Professor of Psychology and Head of Silliman College at Yale University.

Even before COVID-19, many people were not living their happiest life. Perhaps they were not taking care of themselves physically. Or they got caught up in comparing themselves to other people. Or they ran on a hedonic treadmill that would never satisfy them.

Throw in a pandemic and things only get more complicated. Socially distanced, we work from home when we can and we wear masks in public. It's the socially responsible thing to do, but that does not mean it's always easy. At times, this "new normal" can make us feel helpless and even lonely.

Thankfully, Dr. Santos created Yale's most popular course, Psychology and the Good Life, to teach her students how psychology-based principles can guide them to choices that will help them live happier and more fulfilling lives. Even in a pandemic! A version of the course was made available free to the public on Coursera and made headlines worldwide. She now shares life tips on her popular podcast, The Happiness Lab, which has over 20 million downloads.

In these times of COVID-19, it is more important than ever that we focus on our well-being. That means staying socially connected and being grateful for the things we have. We are fortunate to have Dr. Santos join the New Bedford Guide, The

New Bedford Wellness Initiative, The COVID-19 Action Coalition, and other community groups on Facebook Live on Thursday, December 3 from 6:30 to 8:00pm. In her talk, she'll discuss 10 ways to find happiness and support our well-being in these trying times. This will be followed by an open Q&A session. Join us and build on your happiness today.

FREE SPEAKER EVENT!

**WELLBEING IN THE
TIME OF COVID-19
WITH DR. LAURIE
SANTOS**

THURS. DEC. 3 | 6:30-8:00PM

**LIVE ON FACEBOOK
@ NEW BEDFORD GUIDE**



Dr. Laurie Santos is an expert on human cognition and the cognitive biases that impede better choices. As Professor of Psychology and Head of Silliman College at Yale University, she developed a course, Psychology and the Good Life, that has been featured in numerous news outlets including the New York Times, NBC Nightly News, The Today Show, GQ Magazine, Slate and O! Magazine. A winner of numerous awards both for her science and teaching, she was recently voted as one of Popular Science Magazine's "Brilliant 10" young minds, and was named in Time Magazine as a "Leading Campus Celebrity."