

Resources for Rebalancing Work and Life – Be the Model

Articles and Research:

- Greater Good Science Center, University of California Berkeley: Based at UC Berkeley, *Greater Good* reports on groundbreaking research into the roots of compassion, happiness, and altruism: <https://greatergood.berkeley.edu/>
- “*Very Happy People*” [Ed Diener](#), [Martin E.P. Seligman](#)
First Published January 1, 2002. Downloaded January 2018:
<http://journals.sagepub.com/doi/pdf/10.1111/1467-9280.00415>
- “*Does Mind Wandering Make You Unhappy?*” Matt Killingsworth, Ph.D. Original article: July 16, 2013: https://greatergood.berkeley.edu/profile/Matt_Killingsworth

Books:

- *Don't Sweat the Small Stuff...and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life* - Richard Carlson, Ph.D.; Hachette Books, 1997
- *Zen Shorts* - Jon J Muth; Scholastic Press, NY: 2005

Organizations, Research and Statistics:

- Boston College Center for Work and Family – Boston College Carroll School of Management: <https://www.bc.edu/content/bc-web/schools/carroll-school/sites/center-for-work-family.html.html> - Research Areas: Work-Life and Flexibility; Employee Well-being
- Bureau of Labor Statistics (BLS) American Time Use Survey: <https://www.bls.gov/tus/>
- Families and Work Institute: <http://www.familiesandwork.org/> - Families and Work Institute is a nonprofit center dedicated to providing research for living in today's changing workplace, changing family and changing community.

Online Course:

- “*The Science of Happiness*” - A free 9-week online course exploring the roots of a happy, meaningful life small fee for credits or CEUs. Can be self-paced. Theory, research, and practice information provided in great abundance.
Greater Good Science Center, University of California Berkeley:
https://ggsc.berkeley.edu/what_we_do/event/the_science_of_happiness