

The Power OF NO



Making people happy by saying yes releases the peptide oxytocin, known as one of the 'Happiness Trifecta' of oxytocin, serotonin and dopamine.

The Science of Kindness, Cedars-Sinai.



Saying yes can be dangerous. Once the fleeting warm feeling has gone, you can find yourself in a stressful situation, with too many deadlines and not enough time.



You need to help your colleagues solve problems without your assistance. It may take more time at first, but you and they will reap the rewards in the future.

Of course, sometimes, you need to say yes. You can't say no every time someone asks you to get involved. So figure out when to make that call.



Saying no is not always easy, even when it's right. Practice communication techniques to make saying no more natural.