



Finding the Good

Anchor Craig Melvin stays positive in a negative news world.

by Gina Roberts-Grey

Craig Melvin, NBC News' *Weekend TODAY* co-anchor and MSNBC anchor, travels the world to track the most significant stories of our time, from tragic mass shootings to raucous political conventions and the thrill of the Olympic Games. Off-screen, his life is much calmer. He cherishes family dinners with his wife, ESPN *SportsCenter* anchor Lindsay Czarniak, and the couple's two children, Delano and Sybil.

Who has taught you the most about happiness and why?

My wife. Early in our courtship when we were both working in Washington, I was attracted to her sunny outlook on life. She is a naturally happy person whose glass is always full. I think when you surround yourself with happy people, you'll be a happy person. And I'm so fortunate to wake up with and go to sleep with a happy person.

What is one of your favorite happiness boosters?

Maintaining gratitude. I start the day with mindfulness, and to get that rolling along, I use the app Headspace. That helps me sit quietly and reflect on all the good in my life, which puts me in a happy place early in the day.

What are you passionate about?

My family. I have pictures of my wife and kids on my desk that help remind me on a daily basis of how grateful I should be. Also my job, my extended family and my faith.

When is the last time you laughed out loud?

I laugh on a regular basis, often at my own jokes. I was at a dinner party in New York with old friends and did some hearty belly laughing as old stories were being told.

Where is your happy place?

My house. If I had my druthers, I would rarely leave the place. I love being at home with my family and having nothing planned but spending time with my loved ones.

How do you like to decompress when the weight of negativity gets too heavy?

I'll throw on a pair of wireless headphones because I find a fair amount of calmness in music. I'll also take a few deep breaths throughout a stressful day or if I'm feeling anxious to get back to an even space.

What are your must-haves for living happy when reporting on so many tragedies and heartbreak?

I'm always reading a book or two at a time or a few magazines. And binge-watching. When I'm on a long flight, I'll discover a new show and watch several episodes to escape for a little bit. I often can't believe the flight is over and I was distracted and got my mind off that stress and worry.



Craig Melvin, left, with Carson Daly, Matt Lauer and Al Roker on the set of the *Today* show.

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