

HEALTHFUL TIPS

Find Your Happy Place

Let gratitude lead the way to a place of peace.

In the real world, life is busy...life is stressful...life is hard. Is it possible to find happiness in the midst of your daily craziness? Believe it or not, even the most diehard pessimist can learn to live a happier life. The key is instead of looking to quash the bad, place your attention on the good. Bonus—happier people tend to take better care of themselves, eat better, and exercise more. Try these ideas to learn how to have a greater sense of happiness each and every day.

Start with gratitude. Each of us has things in our lives that aren't the way we would like them to be, but each of us also has much to be thankful for. Our tendency is often to place our attention on the things that aren't right and need to be fixed, but if instead, we can learn to focus on the things that are so very right, we will find greater happiness. Before you even rise from bed in the morning, take a few moments to silently express your gratitude for the people, opportunities, health, and comforts that you do enjoy.

Practice kindness. When you encounter another person, our natural tendency is to size them up based on their appearance. Instead, realize that they, just like everyone else, is facing some kind of hardship today and send a silent blessing or positive thought (Wishing you joy and happiness today). Make it your goal to have them walk out of your presence in a better place than when they entered. This might be as simple as giving them the gift of your smile or spending a few minutes asking about their family. Try it; you'll be surprised by how good it makes you feel.

Press the pause button. When a situation pushes you to the point of frustration, release yourself by pausing and turning your attention to

something that you enjoy. Take a walk, listen to a song, look at a favorite picture of your daughter or read a positive quote. Have some of this positivity with you so you can always pull it out and shift gears as needed throughout the day. After a break, you'll be in a better frame of mind to address the situation if necessary.

Enjoy your food. Eating is a big part of our lives. Now that you're eating smaller amounts, you can focus on quality. Make the decision to eat delicious healthy foods that nourish your body. Take small bites and savor the food. Appreciate the role food has in providing your body with the nutrients and energy it needs to function at its best.



You can either practice
— BEING RIGHT —
or practice being
BEING KIND.
Unknown
