

10 key things for happiness

1. GIVING:

Do things for others, if you want to feel good - do good. Be generous with your time and or money. Think about what voluntary work you could do to help a charity etc. Buying a small gift which doesn't have to be expensive (bunch of flowers, bag of fruit or a coffee) could make a huge difference to someone's day.

2. RELATING:

Connect with people, talking to people you meet outside. Pass the time of day with your binman, window cleaner or postie. If you are walking down your street and you see an older person stood in their garden, acknowledge them and pass the time of day with them. You may be the only person they see that day.

3. EXERCISING:

Take care of your body. Your health is your responsibility, no one else's. Taking time out to exercise is not being selfish. Enjoying a massage, facial or some other treatment is all part of selfcare – because you feel better afterwards. Selfcare is a necessity not a luxury!

4. APPRECIATING:

Notice the world around you, stop what you are doing, be mindful. What can you see, hear, touch or even smell? Enjoy the wonder of nature and humankind. Take the time to just be still and be.

5. TRYING OUT:

Keep learning new things, it keeps your brain working. You have heard the saying "If you don't use it, you lose it"! This is true for both physical health and mental health. Read fiction and non-fiction books, listen to podcasts, do a puzzle. Maybe enrol on a short course to learn something you've always wanted to do; the options are endless.

6. DIRECTION:

Do you have goals to look forward to or are you just wandering through life willnilly? Do you think about goals either personal or work/career goals? What do you actually want from life?

7. RESILIENCE:

Find ways to bounce back from whatever life throws at you. Again, selfcare can come into this. What coping strategies do you have?

8. EMOTION:

Take a positive approach – glass half full instead of glass half empty approach to life. Try to look at things from a different view or perspective. Instead of thinking about all of the things that could go wrong, think about what could go right. Try to stay in control of your emotions and thoughts, don't let them run away with

10 things you can do to be happier

you. Pause and ask yourself what made me feel that way, what triggered that response in me. Keep a diary of how you feel on a daily basis, then you can look back and see how far you have come. Look at what you did on previous occasions that you struggled with a particular emotion

9. ACCEPTANCE:

Be comfortable with who you are. Remember you are a wonderful and unique person, there is no one else in the world quite like you. If you want to change, do so for the right reasons.

10. MEANING:

Be part of something bigger - think about what gives your life meaning with regards family, friends, socially, workwise and your beliefs.

If you are struggling with life, your thoughts and emotions and need some help and support – get in touch to see how we can work together to help you become happier and have a more positive outlook on life.