

A person in a dark jacket and hooded sweatshirt is walking away from the camera on a path through a foggy, overcast landscape. Bare trees are visible on the left side of the path. The overall mood is somber and contemplative.

STAYING HAPPY

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STAYING HAPPY INTRODUCTION

How do you define happiness? Is happiness a feeling we choose or a state of mind? Many people feel that we need to be happy, to look happy and to put up this pretence that everything is ok, but is it really?

Many people that a person can give them great happiness, in saying you make me happy. The truth in the statement is that you are reliant on another person making you happy. The statement should be change to ' I am happy when I am with you'. This allows us to own the emotions that we go through, and will also help in not giving away your power to narcissistic people.

Happiness, fear, anxiety and anxiousness, are all states of mind we get into, driven by our thoughts and emotions. When was the last moment you felt so happy, that you knew that no one else can make you sad?

When you look at a young child smiling do you automatically smile? There is a science behind happiness and smile, mostly chemicals released within the brain to help us to regulate our feel happy hormones.

It is understandable that many people would envy young children for their innocence and happiness, yet those children will also go to have careers, jobs and progress and as we get older, the responsibilities of becoming an adult weight on our shoulders. As we grow into adulthood we talk less about how we feel, and continue down a path that leads to stress, overwork and burnout.

It's important that you take time out to check in with yourself and your emotions!



STAYING HAPPY

10 STEPS TO FEELING HAPPIER

Step 1 - Exercise More

Now if you have already visited the doctor, they would have been sure to say to take up some exercise, sadly most people now have office jobs and don't get in the exercise they would have previously in the past. There is a reason the doctor tells you to get moving! Research conducted at the university of Toronto, conducted 25 studies, to then conclude that it does help keep depression at bay.

This is because when we do exercise, when we finish our bodies release endorphins, these increase level of happiness after exercise. And the studies in Toronto conducted that people with depression who did exercise only had a relapse level of 9% in comparison to those who didn't ranged 30-38%. Getting even 20 mins of walking in can help!

Step 2 - Think more positive

It is hard to change the way we think, however it has to be an everyday process. Someone who thinks negatively and in a pessimistic way is likely to have been doing that for some time. Normally you can tell when a person can recall more bad memories than good ones. Who can them try to see if they struggle to see good in situations or options then it is likely that their outlook of life has been affected.

The saying also goes if we know all the factors that affect us, stressors, hassle, successes, economic circumstances and relationships, these only count for the 10% of your happiness. The remaining 90% will come from your reactions and the way you process the world around you, and if you strive to be better.

Step 3 - Treasure your experiences in life

As we get older, a lot of people place importance on the material possessions they own, having nice cars, big houses and lots of money. However these things once we achieve them, the void that we wanted to fill gets filled. So a person will then move onto the next material thing. Treasuring material items can be demoralising.

When we choose to treasure the experiences, happy memories and special moments we have had in our lives, they provide us with longer sense of happiness. Experiences doing things with the people you love, make the experience more enjoyable and pleasurable than doing them alone. Go make some memories!

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Step 4 - Get rid of negative thoughts

At some point in our lives we all go through negative thoughts. This can be earlier on in your life or even later on. Staying in your negative thoughts can get overwhelming, and possibly lead to depression and mental illnesses. What can help is if we take time to really sit down and address these thoughts we have.

Getting a piece of paper and writing them out can help you to see objectively where these thoughts came from, how true they are, and instances where you felt this was true, and the instances that it was not true. Sometimes just putting your negative thoughts on a piece of paper and then throwing them away or getting rid of them can help to try and keep the mind positive. Try it out for yourself and let me know how you get on!

Step 5 - Write down what you are grateful for

This is a tip that many coaches including myself use on our clients! Yes I am a coach but I also go and speak to a coach and mentor myself. Many people underestimate the power of writing down with a pen a paper what they think about on a daily basis.

Most research shows our brains are hardwired to think of negative things in life, and you understand why because that's how we have evolved to stay away from those things that are negative and don't serve us. However being grateful on a daily basis can help you to achieve a more positive outlook, gradually over time.

- When you wake up write down 3 things that you are happy about
- Before you sleep write down 3 things that happened in the day that made you happy



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Step 6 - Be Mindful

Mindfulness for some people can be difficult, especially those who are used to operating at high levels of stress and are quite restless people. Practicing mindfulness is now something that a lot of people are trying to do currently, it has become a popular trend. Studies have shown that it can boost your mood, reduce your stress levels and lead a better quality of life. This can also be observed through meditation, where you focus on the present and your surroundings and feelings.

Step 7 - Make sure you sleep well

Studies have shows that a lack of sleep can also make you feel negative, big time! When we lack the sleep we have we are more prone to negative thoughts and patterns. This can be exaggerated amongst people who are highly sensitive people (HSP). In an experiment researchers asked sleep deprived students to remember a list of words. They were getting a high score on all the negative words (81%) but when it came to the positive ones or neutral ones, they were only getting about 31% of these right. Dr.Robert Stickgold has conducted similar experiments on sleep and memory.[5] Now you know why people are always in a bad mood when they do not get enough sleep.

Step 8 - Take time to help others

Many people focus their lives into gaining material things however that is most likely short lived. However research has shown that when we dedicate a little time or money to helping others, this has a significant effect on our own happiness. Who know in the process you may even make some new friends!



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Step 9 - Focus on the life you want to build

At times we talk about winning the lottery and how we would spend all that money, but what we don't take the time to do it to visualise or go through, how that would make us feel. We have to be in a certain state of mind to be in the position of being able to give and to be care free. This is why it is important to focus on the priorities in order to get the life you want to live, and it's so important.

Step 10 - Focus on your strengths and what you are good at

We do think about things that we are not good at, and this is usually because we spend time comparing ourselves to other people, internal representations we have, societal pressure and expectations. What many people don't realise is that most successful leaders, who are very confident are fully aware of their strengths and weaknesses. They have enough confidence to know what they can handle and what they can't. The things that they can't handle they are likely to delegate that as they know that this is their weakness, but someone else's strength.

In this way these people are able to be fully confident, as well as realise their potential by working in their strengths and progressing in life.



STAYING HAPPY HAPPINESS WITH FUR

A pet in the house can also help to keep you happy. Granted not everyone can afford the luxury of having a large house to house a dog, but having pets, helps us to also combat loneliness and keeps us away from procrastination and negative thinking. Pets can provide perks no matter what your age. Maybe that's why 62% of households in the U.S. already have one. It's true the care and feeding of a dog, cat, or even a goldfish can cost money and time — two things families are always short on. But the unconditional love and boost to your well-being that a pet can bring may well be worth your investment.

Here's how pets can improve your general health, happiness and wellbeing:

- **Good for your heart** - taking a dog out on walks, not only invites other dog walking to talk to but also helps you reduce the chance of heart disease.
- **Lower Stress and Depression** - Stroking your cat or dog can lower your blood pressure and make you feel calmer. Even watching fish can ease tense muscles. Playing with your pet increases the levels of the feel-good chemicals serotonin and dopamine in your brain. Maybe that's why people recover from a stressful situation more quickly when they're with their pets than with their partners or friends, a study done by the National Institutes of Health (NIH) found.
- **Pets connect you to a community** - Dogs, like babies, are conversation starters. On walks, you're bound to stop for a chat or two with other dog owners. Pets also give you the chance to meet like-minded owners at the vet, pet store, or training classes. There's even a chance to connect online, where you can find forums and Facebook fan pages devoted to individual dog and cat breeds.
- **Source of comfort** - Pet owners had greater self-esteem and were better able to bounce back from rejection, the study found. Other studies have found that a pet can be a child's best buddy and help kids develop empathy. Of course, not everyone is cut out to be pet owner. If you feel you can't spare the time or funds, reap the rewards of pet ownership by fostering a rescued animal or by volunteering at a shelter. You'll be helping animals in need and finding a sense of purpose in the process — and that's a win-win for everyone

STAYING HAPPY CONCLUSION

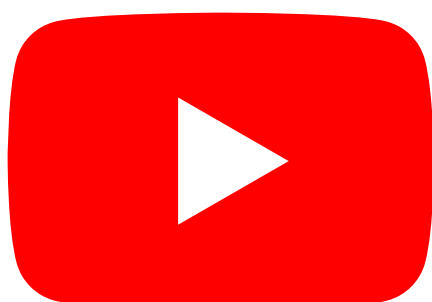
Staying happy can be said to be partly chemically through your brain activity as well as choosing your own state of mind. That is whether you choose to look through life in a positive view or a negative one. The 10 things to help stay happy have been outlined above, if there are various aspects that you feel you need better help are support with, please contact me and I will be more than happy to help through my coaching. It takes time and persistence to make a change, daily commitment to choose to want to be better. Miracles can't happen overnight if it's taken years to form.

'If you think you are wrong, than you are and if you think that you are right than you also are '

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