



HAPPINESS ...

**Tips For
Cultivating
Contentment**

SUNDAY January 2nd, 2022

Are you tired of waiting around for happiness to find you? Stop waiting and start getting happy with these tips.

Do you know how to be happy? Or are you waiting for happiness to find you?

Despite what the fairy tales depict, happiness doesn't appear by magic. It's not even something that happens to you. It's something you can cultivate.

So, what are you waiting for? Start discovering how to be happy.

1. What Science tells us :

Only a small percentage of the variation in people's reports of happiness can be explained by differences in their circumstances. It appears that the bulk of what determines happiness is due to personality and — more importantly — thoughts and behaviors that can be changed.

So, yes, you can learn how to be happy — or at least happier.

Although you may have thought, as many people do, that happiness comes from being born rich or beautiful or living a stress-free life, the reality is that people who have wealth, beauty or less stress are not happier on average than those who don't enjoy those things.

People who are happy seem to intuitively know that their happiness is the sum of their life choices, and their lives are built on the following pillars:

- ✓ Devoting time to family and friends
- ✓ Appreciating what they have
- ✓ Maintaining an optimistic outlook
- ✓ Feeling a sense of purpose
- ✓ Living in the moment

2. How to be happy: Practice, practice, practice

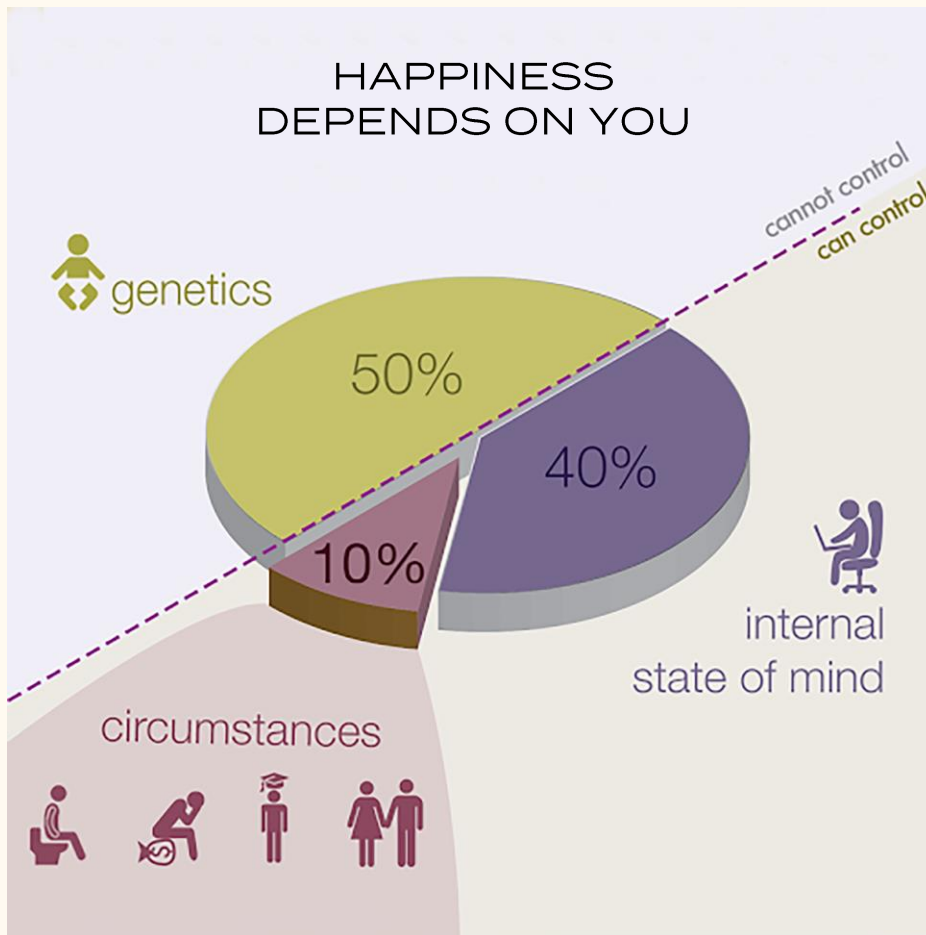
If you've been looking for happiness, the good news is that your choices, thoughts and actions can influence your level of happiness. It's not as easy as flipping a switch, but you can turn up your happiness level. Here's how to get started on the path to creating a happier you.

3. Invest in relationships

Surround yourself with happy people. Being around people who are content buoys your own mood. And by being happy yourself, you give something back to those around you.

If you have friends and family who support you during difficult times and celebrate with you during good times, take the time to nurture those relationships.

Pretend you have an emotional bank account. Fill it with kind words and actions. Be careful and gracious with critique. Let people know that you appreciate what they do for you or even just that you're glad they're part of your life.



SOURCE : Sonja Lyubomirsky « The How of Happiness » Penguin Books

3. Express Gratitude

Gratitude is more than saying thank you. It's a sense of wonder, appreciation and, yes, thankfulness for life. It's easy to go through life without recognizing your good fortune. Often, it takes a serious illness or other tragic event to jolt people into appreciating the good things in their lives. Don't wait for something like that to happen to you.

Make a commitment to practice gratitude. Each day identify at least one thing that enriches your life. When you find yourself thinking an ungrateful thought, try substituting a grateful one. For example, replace "My sister forgot my birthday" with "My sister has always been there for me in tough times."

Think about what you're grateful for before you go to sleep and when you wake up in the morning.

4. Cultivate Optimism

Develop the habit of seeing the positive side of things. You needn't become overly optimistic — after all, bad things do happen. It would be silly to pretend otherwise. But you don't have to let the negatives color your whole outlook on life. Remember that what is right about you almost always is more than what is wrong.

If you're not an optimistic person by nature, it may take time for you to change your pessimistic thinking. Start by recognizing negative thoughts as you have them. Then take a step back and ask yourself these key questions:

- Is the situation really as bad as I think?
- Is there another way to look at the situation?
- What can I learn from this experience that I can use in the future?

5. Find Your Purpose

People who strive to meet a goal or fulfill a mission — whether it's growing a garden, caring for children or honoring one's spirituality — are happier than those who don't have such aspirations.

Having a goal provides a sense of purpose, bolsters self-esteem and brings people together. What your goal is doesn't matter as much as whether the process of working toward it is meaningful to you.

Try to align your daily activities with the long-term meaning and purpose of your life. Research studies suggest that relationships provide the strongest meaning and purpose to your life. So cultivate meaningful relationships.

Are you engaged in something you love? If not, ask yourself these questions to discover how you can find your purpose:

- What excites and energizes me?
- What are my proudest achievements?
- How do I want others to remember me?

6. Live in the moment

Don't postpone joy waiting for a day when your life is less busy or less stressful. That day may never come.

Instead, look for opportunities to savor the small pleasures of everyday life. Focus on the positives in the present moment, instead of dwelling on the past or worrying about the future.

Spending time with supportive friends or family, cultivating a grateful attitude and an optimistic outlook, focusing on your purpose, and living in the present can help you take steps toward being happier. Start today toward your goal of being a happier person, and find ways each day to include these strategies.

