

## Top 5 Tips for Feeling Happy

There is a clear link between our health and our happiness. We know that the happier we are, the healthier we feel. The more that we can manage the stress in our lives and experience happiness, the more resistant we are to ill health. Ultimately it is how we respond to situations that has an impact on our stress levels and happiness. We do have choices. Recognising that we have the power to choose how much things affect us is the first step in increasing our own happiness.

### Key points

Health and happiness are connected

Laughing is GREAT for you physically and mentally

Reflect on what you have DONE during the day and less on what is still TO DO

Stop for LUNCH

Exercise daily - it's a priority

"Will this matter a year from now?"

*There is only one way to happiness and that is to cease worrying about things which are beyond our will.*

*Epicetus*

### ***Laugh whenever possible***

Sadly the average Australian adult only laughs 14 times per day. (Children average over 300 times per day!) This isn't healthy! The act of laughing is great for you both physically and mentally. Lots of funny things happen in life. It is important to be on the look out for funny things and not take ourselves too seriously.

### ***Be grateful***

We have much to be grateful for. Our work is important and makes a difference. Whilst most of us might not get the satisfaction that a builder gets when they see what they have achieved at the end of each day, it is important to stop and reflect on what we have done. Too many times we focus on the things on our 'To Do' list that we haven't yet completed instead of recognising what we have accomplished.

### ***Eat lunch***

Many of us get so caught up in the busyness of our day that we don't slow down enough to eat. Taking a break to eat lunch is efficient. Our body needs to be well fueled and our mind needs a break to slow and reconnect with people. Taking just 15 minutes to STOP and eat lunch is a priority.

### ***Exercise***

Often when we get busy, our own physical activity is the first thing that we relinquish. This creates a false economy. If we don't look after ourselves our immune system becomes more susceptible and we become more vulnerable. Our body will eventually tell us that we have done too much and it will shut down. The price we pay is through our health. Physical exercise releases endorphines that help us to feel better and think differently. Our mind takes on a different perspective and can help us keep things in perspective.

### ***Keep perspective***

Our self-talk is powerful! At times we can over emphasize events that happen to us and lose perspective. Keep perspective - "Will this matter a year from now?" can be a great question to ask ourselves when faced with a daunting issue. If the answer is yes - give it 100%. If the answer is no - do what you have to.

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