

How to be Happier

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Key reasons why happiness is so important is because it allows us to achieve our goals in life and to feel more fulfilled mentally and physically. This contagious mood can be spread from just a single positive person, and the best way to see this happen is to be the one who begins it. Happiness can be under our personal control and some ways to improve your mood and satisfaction in life are:

1. Realize that long lasting happiness does not come from financial success.
2. Take control of your time. Happy people feel in control of their lives when they master the use of their time. Although we often overestimate how much we can accomplish in a day, we also underestimate how much we can accomplish in a year. No matter how little, progress is still progress.
3. Act happy. We can sometimes act ourselves into a frame of mind. When wearing a smiling expression, people feel better about themselves, and when we frown, the world seems to frown back. Going through the motion of smiling, having a positive self-esteem, and being optimistic and outgoing can trigger the emotion of being happy.
4. Participate in work and hobbies that engage your skills. Happy people are in a zone called "flow," which is when one is absorbed in a task that challenges them without quite overwhelming them. The most expensive forms of leisure often provide less flow compared to simple tasks like gardening, socializing, or craft work.
5. Take part in physical activities. Research upon research reveal that exercise not only promotes health and energy, but also aids in the prevention of mild depression and anxiety. Healthy minds are found in healthy bodies.
6. Give your body the sleep it needs. Happy people live dynamic lives yet reserve time for recharging through sleep. Many people who do not get enough sleep suffer fatigue, diminished alertness, and gloomy moods.
7. Give priority to positive relationships. Close friendships with those who care deeply about you can help you persevere through difficult times. Confiding in others with current problems or troubles can offer rest for the mind.
8. Focus on people other than yourself and reach out to those in need. Those who feel good do good but doing good also makes one feel good.
9. Be grateful for what you have. People who pause each day to reflect on some positive aspect of their lives experience a more appreciative outlook in life.
10. Enhance your spiritual self. For many people, putting faith in something gives a sense of purpose, passion, and hope. People who are active in a religion or movement have a higher than average happiness level and often cope well with crisis.