

# Top 10 Tips for Happiness

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## 1. Let it go

Learn to let go of things. The past is past – instead, live in the present and try to appreciate all the good things in it. Resentment and blame won't help you live more happily.

## 2. Remember to smile

Did you know that children laugh 300 times a day? As adults, we don't smile or laugh nearly enough. So try this simple exercise: smile at people and say hello even if you don't know them. Happiness comes from these simple actions and their effect on your mind.



## 3. Look for positive things

We all have positive things in our lives: being healthy, having a place to live or enough to eat, or simply waking up every day. Don't take these things for granted.

## 4. Get some exercise

Exercise any time you can: walk, run, dance, or even do gymnastics at home. Exercise produces endorphins - the "happy hormones" that will get rid of stress and anxiety, and help you sleep well.

## 5. Discover the power of a Post-it note

Write simple reminders on a Post-it: something meaningful for you, which helps you to keep going and creates positive feelings. It could be a smiley face, or a message such as *Relax, I am worth it* or *I can do it*.

## 6. Turn off the TV

TV programmes, especially the news, can be depressing and frustrating. Advertising often features beautiful people, big houses and perfect lives. Do we really need that comparison?

## 7. Look to the future

Even if it's not always easy to remember, the future is full of possibilities. So look to the future with hope, and be ready to take full advantage of those possibilities to make your life better.

## 8. Find the positive in negative events

Negative events are not always entirely negative. Try to look on the bright side, and if you can't find any positive angle, see these events as a challenge rather than a failure.

## 9. Appreciate yourself

Think what you did well today: you got to work on time, handled a situation well, prepared a nice meal or made somebody smile (maybe even yourself).

## 10. Take a deep breath

A good deep breath can help you relax, refocus and take time out. You'll feel instantly better - so why not take another deep breath?