



Monthly Tip

5 Tips for Happiness

1. *There is no such thing as a pain-free existence.*

When you acknowledge and validate your feelings, you give yourself permission to be human. Acknowledging and accepting the full range of your emotional world -- fear, sadness, or anxiety -- as natural, will enable you to deal with them in a healthy way. Rejecting your emotions, positive or negative, disowns a part of your psyche and leads to unhappiness.

2. *Create goals for yourself.*

Happiness can be found in activities that are both fun and meaningful. Whether at work or at home, the goal is to engage in activities that are both personally significant and enjoyable. When this is not feasible, make sure you have happiness boosters, moments throughout the week that provide you with both pleasure and meaning.

3. *Do not compare yourself with others.*

Happiness is mostly dependent on your state of mind, not on the state of your bank account. Barring extreme circumstances, your level of wellbeing is determined by what you choose to focus on (the full or the empty part of the glass) and by your interpretation of external events. For example, do you view failure as catastrophic, or do we see it as a learning opportunity? Learn from your past and forgive yourself for your mistakes.

4. *Make time for nature in your life.*

The natural world is our source of life not only for food, clothing, and shelter—but also psychological well-being. The natural world is a bridge connecting your inner nature with outer nature, mind with body, human healing with the world around you. Take time to smell the aroma of a budding rose petal, listen to a songbird, see the blue sky, and feel the warm embrace of a loved one.

5. *Remember your mind-body connection.*

What you do -- or don't do -- with your body will have an effect on your mind. Regular exercise, adequate sleep, and healthy eating habits lead to physical and mental health. Our "[Food for Thought](#)" fact sheet offers information on which foods are thought to affect mental health.

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