

TEN HABITS TO BE HAPPIER

The Provenance December 2022



1. LIMIT NEWS AND SOCIAL MEDIA

This is especially important right now with the overwhelming amount of information available about the coronavirus and vaccinations, which can be equal parts scary and inflammatory. Pick two or three trusted outlets for your news and set a timer to limit your news consumption each day, including time you spend watching TV news. Reading endless pandemic-related news articles has been dubbed “doomscrolling,” but if you find yourself obsessively reading about any topic that makes you feel sad, depressed, angry or scared, it’s probably time to break the cycle.



2. EAT WELL



Cut out junk food and highly processed foods and choose a more nutritious food diet (less sugar, less oil, less salt) You know that a healthy diet can lead to long term health benefits.

3. GET ENOUGH SLEEP

Research published in the journal *Frontiers in Psychology* found that study participants who slept well were more satisfied with life, even when controlling for individual characteristics like personality. It’s also a great way to boost your immunity. For adults, aim for seven to nine hours a night of quality, uninterrupted sleep.



4. MOVE EVERYDAY

Exercise is good for your body and can improve your mood and feelings of well-being. A study published in the journal *Preventive Medicine* found that people who participate in regular exercise are happier and more satisfied with their lives than people who do not. Walking is great exercise for most people and doesn’t require any special clothing or equipment.



5. CONNECT WITH OTHERS

Having a network of friends and family who support you can help make you happier and reduce stress, according to a paper published in the journal *Social Indicators Research*. Maintain friendships and social connection through online video chats, phone calls, and get togethers that follow safety guidelines while interacting with others. There are still some health protocols to follow for safe gatherings, even if you’re vaccinated.



6. DEVOTE TIME TO A HOBBY

A study published in the journal *Psychosomatic Medicine* found that spending regular time on a hobby or leisure activity can help you feel better in the short term by managing negative stress, and in the long term by adding satisfaction and fulfillment to your life. The study reported that having a hobby has a positive impact on your overall health and can improve your daily function, lead to less severe disease outcomes and a longer life. The benefits grew for study participants who were involved in several leisure activities compared to those with only a few.



BE HAPPY ALWAYS



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7. GO OUTSIDE

Going for a walk or exercising outside is great for your body and mind, but even sitting in nature is beneficial. A study published in the journal Environmental Health and Preventative Medicine found that participants who sat for 15 minutes in an old growth forest experienced lower stress, lower pulse rate and lower blood pressure compared with city settings.



8. PRACTICE GRATITUDE

Practice gratitude by writing down three things that you are thankful for every night before bed, suggested by experts. “You can start small, like being thankful for a comfortable bed, the sound of laughter or the smell of coffee in the morning,” he said. “It helps to remind yourself of the good things that exist in life, even if you are experiencing personal setbacks or disappointments.”

9. GIVE BACK

Whether your passion is animals, children, veterans, seniors, the homeless, the arts or something else entirely, finding a way to give back to a worthy cause is a great way to bring happiness to yourself. An article published in the International Journal of Behavioral Medicine found that altruistic emotions and behaviors were associated with increased well-being, happiness, health and longevity.



10. MENTAL HEALTH MATTERS

There are some issues that need more support. If you struggle with feelings of depression or anxiety that are affecting your quality of life, talk to a mental health or behavioral health professional.

“A good counselor can help you identify your pressure points and learn skills to cope moving forward,” by experts. “Happiness may not come naturally or easily, but it is something you can learn with practice.”



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