



Four ways to boost your happiness

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Life can be a hard thing. Sometimes it can be unbearable. The constant stress, representing what you stand for and expectations from the people around you. It may seem as though you are always unhappy. It may seem as if that will never change. We're going to change that.

We have compiled four brilliant methods of boosting your happiness. Using these four pointers will get you feeling happier and back on track, it will leave you feeling better in yourself, will give you confidence to be yourself and be an individual, someone special, and as the old folk will say, turn that frown upside-down!

Method number 1: **KEEPING A HEALTHY ROUTINE**

It may seem obvious and overstated, but this really is important. Maintaining a healthy lifestyle is key to maintaining a positive mindset. Now we're not taking about exercise all day long and only eating fruit and vegetables, we're talking about going out with friends and family, keeping track of how many luxuries you are indulging in, and just generally being healthier and more active. Once you do all these things, you will start to see dramatic changes in how you feel. You will feel on top of the world. Like you have accomplished something great. Just remember, don't let fitness take over your life! Try to balance work/school with your social life, as well as finding time for exercise.

Method number 2: **DO WHAT YOU ENJOY DOING**

Whether it's running, reading a book, cycling, doing makeup, gardening, fishing or watching your favourite show, taking part in one or more of your hobbies can be an excellent way of boosting your happiness. It is proven, because you proved it! Everyone has something they like to do in their spare time and even by doing one of these things, you will feel happier and will be instantly put in a better mood.

Method number 3: **DO SOMETHING SPONTANEOUS, STEP OUT OF YOUR COMFORT ZONE, AND LEARN SOMETHING NEW**

This is an important one. It defines being human. We, as a species, like to step outside of our comfort zones. We are a spontaneous race. We live and survive from our mistakes and learn from them. A lot of the things we learn come from these activities. Some of them could be scary, as all new things are. However, the best way of overcoming these is by giving them a go.

Tackling a new challenge you are unfamiliar with can be a great way of feeling more accomplished and better in yourself. It gives you a reason to say “I tried something new today”.

It's not something you have to do, as for a lot of people, sometimes staying in your comfort zone is the best way to keep you happy and satisfied, where you feel comfortable and safe. It's okay to do this as well.

Method number 4: **REFLECT**

Reflect on who you are, what you believe and what you have achieved. Sometimes appreciating what you have and who you are, can make you feel grateful and happy in who you are.

Find a quiet place where you can think and hear your thoughts. Start reflecting on things such as your achievements, personal goals, aspirations and the person you have become. Focus on what you believe. Everybody is different, so these will differentiate.

This is an important point, which is why we have chosen to put it at the end of the list. We're hoping that after reading this article, you will reflect on the amazing person you are! Everyone has the opportunity to be great and after all, everyone deserves the right to happiness.

Well that's it! Four ways to boost your happiness. We hope these helped you find your smile again; and if they didn't, remember it's okay to feel sad sometimes. It only makes you human. We all have to suffer sad times, but there is always a way past it; always someone to pull you up off the ground.

