

Exercise sheet

I WORK ON MY WELL-BEING



10 ways to increase my everyday happiness

Even if current circumstances aren't extraordinary, taking a few steps is already a step in the right direction. There are several simple ways you can enhance your happiness and enjoyment in life. Below are 10 ways to improve your everyday happiness.

1

I take time during the day to do something enjoyable

Taking care of myself sends the message: « I'm worth it and I appreciate myself ». It doesn't matter what the activity is, whether it's having a massage, doing your nails, reading an interesting book or having a hot bath, they're all activities that make us feel good. I write the 'pleasure' appointments in my diary. I give as much importance to these appointments as I do to other appointments.

2

I set myself a challenge:

When I set myself a goal and achieve it, it boosts my self-esteem. The challenge doesn't have to be grandiose, the aim is to get results. So the challenge could be as simple as tidying up your room, going to your first yoga class, learning something new on the computer or reorganising your schedule so that you have more time for activities with others. Setting a goal has a dual function, first, to achieve it and second, to give yourself a feeling of personal success once you've done so you can enjoy the positive emotion of achievement.

3

I find meaning in life:

We can find meaning in every life. Every little step, every calming breath, every act of kindness to myself and/or others is an excellent start! There are many things I haven't done yet, books I haven't read, places I haven't been to, people I haven't met or activities that are simply waiting to be discovered. We're only here for a short time and starting to live is a way of giving life meaning. Connect with others and leave the past in its rightful place.

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I create links with others:

We can't live without others. Make it a priority to build a world of strong relationships, make time and energy for my family and friends, find a support group or therapist, or connect with a social network near where I live to become active and a participant in this human world. It's an excellent antidote to depression.

5

I practise acts of kindness:

Because we're social beings. Helping others can give me a boost. Greeting someone with a smile or helping someone who looks lost in the street, helping a colleague, offering to do something as part of a group or taking part in community work are all beneficial actions to try.

Smiling, even for no reason, can improve the way I feel and generate positive emotions in others, who in turn will reflect something positive back to me - it's a virtuous circle.

6

I forgive myself ...

As well as the other little things. I start by asking myself how I'll look at this situation in a year's time. Some people stay angry and resentful for hours or even days after feeling offended. In the end, they gain nothing and put themselves through unnecessary suffering. I think about the situation in a different way. I try to understand the other person, forgive him or her, possibly even find extenuating circumstances because it makes me unhappy. I can also forgive myself for not doing the right thing. Life is too short to let it consume my time and my happiness. I remind myself that forgiveness is more for my benefit than for anyone else. It's a gift I give myself to free myself from painful emotions.

7

I appreciate life and its many pleasures...

I slow down and pay attention to my surroundings. Happiness comes in all shapes and sizes, whether it's chocolate melting in your mouth or the smell of roses, the sight of a child or the feel of the sun on my face. I stop, if only for a moment and with full awareness, to savour what life has to offer.

8

I acknowledge that there are certain things I can't control

I can't control everything and the sooner I tell myself that, the calmer I'll be. I try as best I can not to get stressed or annoyed about things I can't change. Since there are some things I can't change, any energy I spend on them will be wasted. I take a deep breath and release the stress. I try to find a solution to the problem and if there isn't one, I move on to something else.

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9

I develop my sense of humour and try to work on my laughter.

Laughter is therapeutic, contagious and invigorating. It stimulates the mind and I find that I breathe better when I laugh. I send a powerful message to my brain that everything is okay. At that moment, I'm lighter. Laughing as much as possible will help me feel better. To increase the laughter in my life, I read humorous books, funny articles or watch comedies. I spend time with funny people or family members who have a sense of humour.

10

I avoid unhappy and toxic people.

Negative people are no help when you're sad. It's hard enough as it is. I distance myself or, if possible, avoid certain people, even if it can be complicated when it's someone close to me. For my own good, it's better to distance myself as much as possible.

Once I feel less overwhelmed by my emotions, I'll know how to be more assertive.

