

# *Tips for Happiness*

Happiness is an emotion that can be deceiving because you're constantly redefining what makes you happy and that's okay.

Just take a deep breath and go get your Happiness today.

## *10 Ways to be happier Today*

- 1. Exercise- a minimum of 10 minutes- play with your kids, do some extra chores. (Water aerobics or swimming is great exercises)*
- 2. Sleep more- you will be less sensitive to negative emotions (Try to get 8 hours of sleep)*
- 3. Be more connected with work*
- 4. Spend time with good friends and family*

5. *Go outside- take a walk. Making time to go outside on a beautiful day also delivers a huge advantage; one study found that spending 20 minutes outside in good weather not only boosted positive mood but broadened thinking and improved working memory*
6. *Practice smiling-Laughing is good for reducing stress hormones*
7. *Plan a trip- but don't take it. It seems that planning a vacation or just a break from work can improve our happiness. A study published in the journal, Applied Research in Quality of Life showed that the highest spike in happiness came during the planning stage of a vacation as people enjoyed the sense of anticipation*

8. *Meditate- find a peaceful place to tune out all the noise and worries of the day. Rewire your brain*
9. *Practice Gratitude/ Positive self-talk*
10. *Help others- Supporting others speaks volumes to character. Try and lend your talents, time, and support to someone else.*

**Don't let yesterday  
make you forget all  
the happiness you  
DESERVE TODAY!**

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