

Some hints to help you *Live Happier*



To help you have a happier outlook:

1. Think of one good thing that happened today and why or how it occurred.
2. Most people are happy, most of the time.
3. Have goals and activities.
4. Try to laugh, or at least chuckle everyday.
5. Add humor to everything you can.
6. Breathe deep daily.
7. Give a kind word of encouragement to someone else everyday... smile... give a complement.
8. Discuss, but don't argue.
9. Volunteer... focusing on others helps you..
10. Be grateful for all your blessings, rather than upset at all your challenges.
11. Exercise. It makes you feel better... dancing, walking, aerobics, sports (you may have to check with your doctor first).
12. Try a new hobby or activity. Many hobbies have social clubs you can join too.
13. Avoid alcohol. It is a depressant.

Remember... A truly happy person is one who can enjoy the scenery on a detour.