



# The Key to Happiness – Rules That Everyone Should Follow



It's easy to get stressed out, but what about finding **happiness**? That's not so easy. You feel yourself gritting your teeth and clenching your fists as you feel the [stress](#) weighing down on you like a heavy fog that just won't lift. There are so many things to do, so many opportunities to seize, yet you want to scream because you just can't fit it all into one day. Turning off your phone, putting aside the pile of reports sitting on your desk – they can all wait. Instead, why don't we refresh ourselves with some time out? Let's turn off that Smartphone and start enjoying life again!

[Happiness](#)! It's what we all want. We want to be happy, and we instinctively know that the path to happiness is through a mindful life. A mindful life is one in which we pay attention to what's going on in our lives, emotionally, spiritually... and even physically. Although each of us has a different idea of what happiness means to us, it certainly involves being happy with yourself, your relationships and how you feel about your life. After all, no one can make you [happier](#) than yourself!

**Happiness** can be found in the small things, if we are able to view it from a different perspective. Friends, family and everything else happens when you least expect it . . . so look

on the bright side! You will find happiness so much sooner and it will last much longer.

## **Life is Short and Its Tough, Always Choose Happiness**

Life is short and time is swift. No matter what happens, whether it's good or bad, we tend to react with such intensity that we think life is going to end. It's a big deal. And then we think life will never get any better, ever. But of course it does. Happy is a state of mind. When you choose happiness, you put yourself into a much better space. Always choose happiness, and you'll never look back.

Life is unpredictable. It offers up happy times and sad times, heartache and awesome experiences. We can never know when we'll be cut from the source, but when it happens, we think we'll be happy. It's hard to visualize that the end will come without warning, but it does. No matter how we live our lives, it was all an adventure, in the end-and no one gets out alive anyway. I really think that you should choose happiness over anything else, because life is too short to be anything but happy.

## **Rules to Stay Happy All the Time:**

Did you know that after watching a funny clip, your body produces more antibodies called immunoglobulin A (IgA) which fight against illness, stress, and even depression? While a bad mood can make you eat more unhealthy foods and can lead to serious health issues. So, care for your health with laughter and have a [happier and healthier life](#).

Happiness is a core desire of most people, but sometimes it feels like we just need a little push to get there. When you're dealing with mental health issues like [depression](#), anxiety, and stress, it can feel difficult to find the happiness that you want. But there are healthy habits and lifestyle changes that will help you build a foundation for well-being.

Here are the rules to help you find happiness in life and stay happy all the time:

### **Get a healthier night sleep everyday**

The human body requires an average of 7 to 9 hours of sleep each night, and studies suggest that even a small amount of sleep loss can affect your mood and disposition. A lack of sleep can make you feel grouchy, tired, and unable to think clearly. If you have trouble sleeping or are so overcommitted that you don't take the time for seven or eight hours of sleep per night, create new habits to help you power down in the evening and prepare your brain and body for sleep.

Feeling happy can be as much about what you do when you're awake as it is about how you sleep. If you aren't getting seven to eight hours of quality sleep every night, turn off electronics

an hour before bedtime, read a book or listen to music. Don't say no to the commitments in your life – cut back on them so you can get plenty of rest.

## **Care yourself**

Take a break from your busy schedule and care for yourself by scheduling small activities that help nurture you and make you happier. Create a plan to write yourself 5 love letters, practice mindfulness, buy and wear something special just for you, or try various self-care activities.

You'll have fun with self-care once you know how.

It can be hard to remember to take care of ourselves when there are so many competing demands on our time. But we cannot help others if we do not know how to care for ourselves.

## **Disconnect from social media**

Social media can be addicting, especially if you have just gone through a breakup or divorce. You may find yourself in front of your computer screen constantly checking Facebook and seeing what your ex is doing. This can be detrimental to your mental health, as you may begin to think that they are having a better time without you than they really are. It can also hurt your chances at feeling happy in the future, as you only see new posts that make others look more content than you, when it isn't how they feel anymore.

Social media has many effects on society today. It has both negative and positive effects. On the positive side, we're able to communicate instantly with friends in other states, countries and even continents. But social media has its downsides too. When you are feeling sad or lonely and looking for ways to feel happy again, avoid social media when you are down. If this seems impossible, set aside specific times to use social media so that you can take a break between checking your account.

## **Find activities that keep you busy**

Find activities that keep you busy: When you're [feeling lonely](#), the most important thing is to stay active. You can take up a hobby you used to enjoy, or sign up for classes that will train your brain. What's important is to occupy you and stop thinking all the time.

Even if you're depressed, you can still enjoy hobbies and activities. Staying busy will help keep your mind off negative thoughts and build new, positive memories that can replace the old ones. At times when you were happier and there are things you used to do it, try focusing on these. You may find that over time your mood begins to lift.

## **Plan a fun activity**

Life can be hectic and complicated, which makes it hard to find time for those little spontaneous moments that make you smile. Put your feet up and dream about your next fun getaway or treat yourself to a new outfit for a night out with friends, even if you'll have to wait a few weeks to make it happen.

## **Write it down**

Writing is a great way to process how you're feeling. Sometimes it's hard to know how to feel happy when you're having a difficult time. Sometimes you even wonder if happiness is something you can ever experience again. In order to discover your happiness or that missing ingredient, you need only express yourself on paper or computer and put pen to paper (or fingers to keyboard). You could even try writing letters to family members or long lost friends or love poems to them. Your words will be cathartic, and put things in a different perspective.

## **Connect with others**

You can enhance your life and feel happier if you develop strong social relationships. Putting yourself out there and taking the time to connect with others will help you build new friendships and strengthen the ones you already have. You'll enjoy more satisfying relationships, feel more confident in yourself, and have more fun!

## **Listen to happy and upbeat music**

Music can be one of the most effective ways to feel happy all the time. By using music as medicine you can turn up your mood and even treat depression, [anxiety](#), and more. Slip on your headphones and run an upbeat playlist.

You may not realize it, but listening to just the right piece of music can change you in powerful ways. Studies have shown that listening to upbeat music can make your brain release dopamine, a neurotransmitter that activates the brain's reward system and creates feelings of happiness. You don't need to be a musician or an expert at mixing tracks in order to get these feel-good effects from music.

## **Strengthen your body daily**

Strengthen your body everyday by incorporating exercise, great food and a ritual of heating/cooling your body. Make sure to eat whole grains, lean protein and loads of veggies every day. Get moving for at least five hours minimum of exercise per week (and remember to push yourself so your heart is racing for 10 minutes straight to maximize the cardiovascular benefit). 2-3 times a week do work out with weights.

## **Spend more time outdoors**

Live a happy life by spending more time outdoors. Relationships with nature contribute to a happier you and can enhance your way of life in many ways. Encourage outdoor activities with your family and friends, or go outside by yourself to release stress or process thoughts. Fresh air, nature, water and green spaces are your keys to [happiness](#)!

## **Do mindfulness and practice it more**

Mindfulness is all about paying attention, without judgment. With meditation, we can bring focus and awareness to our breath or body sensations. Mindfulness reduces stress and anxiety. It also helps us to respond instead of react to situations in a peaceful manner. Practice mindfulness and find peace and affirmation in yourself.

## **Be creative**

Everyone has a creative side. It's just an interest of working into it. We may not all be expert writers, actors or musicians. But we can all learn to appreciate art, write poetry or make music. You just have to step outside your comfort zone and you'll be surprised at what you can achieve.

## **Give back**

Many people feel the most generosity and happiness when they give to others, but there are other ways to help such as time and money. Try giving your time by volunteering, or give your money when you see a needy cause. There are good benefits to giving back to others, including lowering blood pressure and stress. Plus there's a sense of happiness that flows through you when you contribute to others in need!

## **Celebrate little victories**

Celebrate little victories throughout your day. They don't help you get to your goal, but they make the journey more fun. Take the time to savor these small achievements and you'll feel better about yourself and life in general. Share this info graph with someone who needs a pick-me-up.

## **Build meaningful relationships**

Life is better when you build meaningful [relationships](#). When we connect with others, we are healthier, happier, and live longer and our lives are happier. Like most things in life, it takes effort to build a relationship. But the reward of connection makes the effort worthwhile. We know that it's not easy to make and sustain meaningful relationships. But every day we see people take the time and put in the effort. With a little help, they create new interests, socialize more often, ask for help, and have more energy.

## **Nothing compares to you**

Your best is yet to come and you deserve nothing less than the very best life has to offer. The comparison game won't get you anywhere, so let it go. The items you possess are not what define you as a person. A person's name, their values and beliefs, and their actions towards themselves and others make them who they are. Having nice things does not determine if you're successful or happy.

## **Stop worrying**

Worrying has a way of making you feel out of control. It causes your mind to focus on the negative and not what you can do to change things. You may believe that worrying will somehow prevent something bad from happening, but if you're worrying all the time, it can be harder to enjoy life.

We all want to be happy. But what we desire and what actually makes us happy are often two very different things. Above rules will help you achieve happiness on a consistent basis. After you read these rules for happiness, you will be able to achieve your deepest desires, take initiative in the face of uncertainty, handle the stress of relationships in healthy ways, understand when it's time to move on to a new phase of life and build positive habits that encourage fulfilment.