

BALANCING WORK & LIFE



HAPPINESS HABITS

#1 - Smile, even when stressed

The effects of smiling on stress have been well-documented. Smiling helps to send a strong impulse to the mind, which then alters your neurochemistry.

If you can't force yourself to smile, put a pencil in your mouth and the natural curvature of your mouth will help you to engage a standard smile. Try this for 15 to 20 minutes per day. You'll be surprised, even if you feel depressed, on just how much this elevates your mood.

#2 - Daily gratitude

Spend 15 to 30 minutes every single day listing off what you have to be grateful for. Even if you feel like you have nothing to be grateful for, search for something. Maybe you're in a financial hole, but at least you have the intellect in your mind and the ability to walk, talk, and reason. If you search, you can always find something to be grateful for.

#3 - Connect and spread love

One sure fire habit to develop that will boost overall happiness is the act of connecting and spreading love. Give someone a hug or let someone hug you. Pick up the phone and tell someone that you appreciate them, or simply listen to what someone has to say. You'll be surprised and just how satisfying it will be to take an interest in someone else's life.

What you put out into the world, you receive back 10-fold. Make this a habit and you will live a much happier life.

#4 - Meditate

This doesn't have to be a religious experience. Simply practicing the art of meditation will boost your overall happiness, decrease stress, lower blood pressure, and ease anxieties. Mindfulness meditation will ease the psychological stresses associated with depression, anxiety, and pain.

All it takes is 15 minutes of mindful meditation to achieve this habit. Sit silently with your eyes closed and listen to the sounds around you. Feel the air moving in and out of your lungs, the warmth of the sun on your shoulders, the coolness of the breeze moving across the room, and so on. Just be present. That's all it takes.

#5 - Daily Learning

On a daily basis, learning is critical for our happiness, but it also affects other spectrums of our life's quality as well. It allows us to grow, mature, and gain experiential knowledge of the world.

Find a newspaper, magazine, video tutorial, blog, or anything else that you enjoy using as a learning resource. Learn every single day and spend 15 to 30 minutes doing this. As long as you do a little bit every single day, but you do it every single day, over time, this habit will help you to be a much happier and well-rounded person.

Be a Leader, Be Janaab !!!

