

How to be Happy

Factors found to contribute greatly to emotional and mental stability are:

1. Forgive others

The absence of suspicion and resentment. Nursing a grudge was a major factor in unhappiness.

2. Don't live in the past

An unwholesome preoccupation with old mistakes and failures leads to depression.

3. Problem solve and focus on what you can change

Not wasting time and energy fighting conditions you cannot change. Cooperate with life, instead of trying to run away from it.

4. Force yourself to stay involved with the living world Resist the temptation to withdraw and become reclusive during periods of emotional stress.

5. Refuse to indulge in self-pity when life hands you a raw deal

Accept the fact that nobody gets through life without some sorrow and misfortune.

6. Have good values

Cultivate the old-fashioned virtues: e.g. love, humor, compassion and loyalty.

7. Do not expect too much of yourself.

When there is too wide a gap between self-expectation and your ability to meet the goals you have set, feelings of inadequacy are inevitable.

8. Find something bigger than yourself to believe in.

Self-centered egotistical people score lowest in any test for measuring happiness. We are body, mind and spirit – what gives your spirit meaning, purpose and hope.

