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Happy water game

Today is International Day of Happiness, and the report on world happiness for the second year in a row crowned Finland the happiest country in the world. Most likely because the Finnish drinking bucket loads more coffee and lives in the country with the largest number of saunas per capita. Not bad. Have you ever wondered how to be happy? Some things that affect your happiness are beyond your control, such as the happiness rating where you live. It is not your fault that Britain ranks 19th on the scale. But research by psychologist Dr. Sonia Lyubomirsky, author of How of Happiness, indicates 40 percent of the time you are the one sitting behind the wheel. Happiness seems to be all about the frequency of positive emotions, not intensity, and raising your levels easily. Instead of imposing your happiness on Maryland cookies, take expert advice and try these 14 tips in your 9 to 5 – you'll never find yourself wondering how to be happy again. HOW TO BE HAPPY: 14 TIPS 1. PUT YOURSELF IN THE FIRST Word selfishly unfair. True, sometimes being a bit selfish is the best thing you can do for the people you care about. The happiest people often tune in to their own needs - without hesitation - and make their own happiness a top priority, which then helps them bring their absolute game to people and projects in their lives. A radical, loving, enthusiastic care for your body, mind and spirit should always be number one. This is a way to be your most unlikely I am at every level. 2. DARK CHOCOLATE Sometimes only chocolate will do and how to be happy only comes in the world of delicious cocoa. A small square of dark chocolate causes the brain to release endorphins and increase serotonin levels, making us happier. The darker the better: milk chocolate is often higher than sugar. 3. DITCH IF ONLY THINKING If only you were thinner / smarter / richer life would be much better, wouldn't it? Wrong. Studies show that we are almost always mistaken in predicting what will make us happy. Moreover, there is a small problem of hedonic adaptation that needs to be dealt with. It's a natural body happiness dimmer, which means that when you get used to the little luxury of life, you stop appraising them so much, no matter how big your new car/relationship/body is. 4. UPDATE CUP TEA A study published in the American Journal of Clinical Nutrition found that people who drank four or more cups of green tea a day were 44% less likely to experience depression than those who drank less than one. Researchers believe that the amino acid theanine found in green tea reduces anxiety symptoms and stimulates the production of brain waves known as alpha waves , which makes people feel relaxed. It also changes levels of serotonin and dopamine in the brain, making people feel good. When you shop, look for matcha or sencha - they are packed with the most antioxidants and nutrients. Have a drink. 5. EXERCISE You didn't think forget about the benefits of exercise, right? Instead of Googling 'How to Be Happy', get your sweat. Studies have found exercises to reduce stress, improve sleep, increase productivity and improve overall health (just mention a few benefits). Even a gentle yoga session can increase happiness. 6. SMALL STEPS TO GREAT RESULTS Instant happiness – those little jerks of joy that you get from finding a forgotten fiver in a coat pocket – are disproportionately important to our well-being. They have a cumulative effect on happiness, which is more powerful than big events, says Dr. Lyubomirsky. In a University of Michigan study, participants were asked to do photocopying. In half of the cases, a cent (7p) remained on the copy - and that was enough for the people who found it to report higher life satisfaction when they took the survey later. So try looking for a small treat to enhance how to be happy. Squeeze out of the office for coffee, Skype friends abroad or sleep in freshly thumbed sheets. Two of the most important measures are to make time to exercise and do nothing. The methods of day reconstruction, used by psychologists, consistently find these indicators much higher than watching TV, shopping or surfing the Internet. Or just hide 7p around your house to come across later. 7. WALK WITH HAPPY PEOPLE On average, every happy friend you have increases your chances of happiness by nine percent, according to a study by the University of California and Harvard Medical School. Plus happiness can spread from person to person through social circles. Enhance the effect by having a girls night out. A study from University College London found that when we hear a laugh or a positive sound like woo-hoo, it causes a reaction in the area of our brain that is activated when we smile. Working in a group multiplies the happy factor too, so try pub quiz. 8. MAKE APPRECIATION OF YOUR ATTITUDE By taking a timeout to be grateful increases your well-being in eight specific ways, Dr. Lyubomirsky found. It builds social connections, strengthens its own value, reduces negative feelings, minimizes social comparison, helps to cope with stress and encourages to behave more morally. If that's not enough, it also stops you taking things for granted and helps you enjoy the life experience (good that is). Keep a thanksgiving diary and strive to put pen to paper once a week. Dr. Lyubomirsky's research suggests that writing a list of things you are grateful for every week, rather than every day, leads to better results. 9. GIVE YOUR WORK A HOME TOUCH We are not talking about hiding slippers under the table and a Jo Malone candle on top of it (although it would be good), but adding a personal touch to your office space can increase your happiness. A study in the Journal of Experimental Psychology found that employees who controlled their workers were 40 percent happier and 32 percent more productive. Don't stop at your desk, put something walls, too. Research shows that works of art - especially images of nature - can help alleviate stress. In addition, it is believed that

blue helps calm the chaotic mind (the reason why psychologists tell you to lie back and look at the sky). 10. FEEL GREAT doing good A study of 10.000 people published in the journal Health Psychology found that people who regularly voluntarily have a longer life expectancy than those who do not help others. Volunteering has also been linked to lower rates of heart disease, stress and depression - in fact, one study shows it's just thinking about doing something altruistic by releasing the chemicals serotonin and dopamine. Doing something good for others also increases your personal happiness, according to a study published in BMC Public Health. After reviewing 40 studies over the past 20 years on the link between volunteering and health, the University of Exeter School of Medicine found that volunteering is associated with less depression, improved wellbeing, greater life satisfaction and a 22 percent reduced risk of dying. You will never wonder how to be happy again. 11. SLEEP MORE You probably don't need us to tell you that sleep deprived you are not happy. Grumbling, short-lived and slightly delusional, yes. Happy? No. Well, according to a 2013 study by the University of Surrey's Sleep Research Center, just one extra hour of sleep a night can have serious mood-boosting benefits. The researchers tested two groups and found that those who get just 6.5 hours of sleep saw an increase in gene activity associated with inflammation, diabetes, cancer risk and stress response. Yikes! However, the opposite happened when participants had an extra hour of sleep. But if that's not enough to convince you, according to psychologist Norbert Schwartz, Creating £60,000 more annual income has less of an impact on your daily happiness than getting one extra hour of sleep a night. Whoa. An extra hour of sleep tonight - though we wouldn't say an extra 60 grand either. 12. GO OUTSIDE Spending the whole day indoors can be a real fluff, especially if the weather is more gray and cloudy than bright and windy. Well, a new study published in the International Journal of Environmental Research and Public Health has shown how being around nature can reduce stress levels and boost your mental health, too. A U.S. study found that residents who lived closer to trees, grass or flowers had less stress, anxiety and depression than those who lived in areas with less than 10 percent wood canopy, who were more likely to report symptoms of stress, anxiety and depression. These results were regardless of factors such as income level, race, ethnicity and employment. You may not be able to move houses, but even spending more time outdoors can increase your level of happiness. Try a stroll in time or play outdoor sports - exercising in cooler temperatures is actually quite fun, they promise. 13. MEDITATION MEDITATION wondering how to be happy every day? Find your inner om. A study by the National Center for Biotechnology Information has shown how an act of meditation practice can actually change the structure of your brain – in a good way. In the study, participants who meditated had stronger and thicker cerea - the part of the brain that processes emotions, attention and sensory awareness - than those who did not. The more they meditated, the thicker the bark grew. Pretty dizzying. Meditation also enhances your social life. Weird, right? Although you can meditate solo, studies have shown how meditation can make you more compassionate, reduce loneliness and increase social connection. 14. SPENDING MONEY ON OTHER Money can't buy you love, but it can buy you happiness – if you give it to other people, that is. Numerous studies have shown health and well-being benefits by giving money to others, but according to a 2008 study published in Science, you don't need to be a millionaire to reap the benefits. In the Canadian study, researchers gave \$5 (£3) or \$20 (£12) to 46 people with instructions to spend money on 5..m. Some participants were told to spend money on themselves (rent, bills or gift), while others were told to use the money to buy someone a gift or donate it to charity. Guess what? Those who gave their money were happiest at the end of the day, no matter how much they had to give. This content is created and maintained by a third party and imported to this page to help users provide their e-mail addresses. You can find more information about this and similar content on piano.io piano.io

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