

The Happiness Factor

What constitutes happiness? It's one of life's main pursuits. Here are ten suggestions for attaining happiness.

1. **Live in your strengths.** Find your talents and gifts in live in accordance with them.
2. **Worship your higher power.** Define what that means for you and look for the friendship of others who are of like mind.
3. **Try to help others.** Helping others will help you attain happiness.
4. **Establish a happiness kit.** Keep a small box that contains mementos of things you have accomplished. Think about them often. We attract what we think about. We magnify what we think about. And we project what we think about. Look for your happiness in your thoughts.
5. **Establish healthy eating habits.** It's difficult to be happy when sick.
6. **Look out for healthy relationships.** Have a large group of friends. Friendship alone will not achieve your happiness. Don't neglect any item on this list.
7. **Live in gratitude.** When you focus on being grateful, happiness will arrive.
8. **Laugh often..** Make comedy a regular part of your time-table.
9. **Go on a news diet.** Stay in touch with radio and television just long enough to keep abreast of the news. Turn them off when you have heard enough.
10. The song said, "**Be happy, don't worry.**" That's the happiness factor!

Submitted by Sligo Mental Health Association – 24th March 2014