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## How to be happy?

### Good morning everyone. Are you happy?

Someone asked me this question recently. My answer is yes and no. For my yes answer is because of I have a healthy body and good skin now. Not too long ago my body was very weak, my body resistance was not that good, so I often had to see doctors and take medicine and also supplements. This causing my parents worry about me. Since I changed my lifestyle and night sleep habit, my body getting better already. This make my body and skin better and healthy. For my no answer is me and my best friend having some misunderstandings. We started not talking, ignore each other and not willing to make it clear. This made me had feeling stressed and hurts. We all want happiness but we seldom know the actual route to attain true happiness.

According to my research from The Research Intelligence Group, only 53 percent of the world is "happy" while 47 percent half of the world population are unhappy. Good Morning to Ms Tan and my fellow classmates. Today, I would like to share with you all about the three secrets to a happy life. The first secret to a healthy lifestyle is having a good breakfast. One tip that will help you heading to a happy and healthy life.

You have heard that "breakfast is the most important meal of the day". It definitely is. Breakfast is our first meal of the day and it gives you energy to start a new day. Make sure you have breakfast regularly. Nowadays not eating breakfast is often a common occurrence in college students who are running late for class. According to a survey published in the "Appetite" magazine in August 2010, female college students who have not eaten breakfast have irregular menstruation. Besides that, the breakfast skippers are more prone to constipation. The American Deictic Association says healthy breakfasts should include protein such as eggs, fresh vegetables, and oats as well, because that will provide you with most energy and can help your brain signal to be more alert. Having a breakfast that is high in carbohydrates such as oatmeal, can improve your morning mood. When you get the energy you need, you will feel more satisfied and happy. This way you can start a new day with a good attitude. Second tip is sleep better. According to my research from sleep specialists Western Psychiatric Institute, most people need at least seven or eight hours of sleep to achieve good physical condition. Sleeping well can help you to reduce stress. If your body is not getting enough sleep, it can produce high levels of stress hormones. When you want to sleep well, you can try to avoid big meals before bedtime because it makes us feel uncomfortable, thus preventing us from falling asleep or staying asleep. Otherwise, maintaining a healthy sleep environment, you should aim for a dark, quiet and comfortable room in which to sleep.

### Now let's move on to the second point.

The second secret to make life happier is a good education. Education is an important tool for all of us in a bright future. We can use educational tools to get benefit in life. A higher level of education helps people gain respect and unique recognition from society and the family. According to my research from Labour Dynamics in Australia (HILDA) people with higher levels of education are less often nervous, sad and depressed and more often calm and happy. The best way to improve your skills and knowledge is to practice reading newspapers, watch

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educational programs on TV, read books from outstanding authors, and more. Let's me share a story with you. When I was in high school, I had a party of friends which came from different races. Hence, English became a medium for us to communicate. Unfortunately, my English was very poor, even a simple daily conversation, I had having a difficulty to do it. That made me feel that English was very important. So, I started to pay more attention in the English classes, attend tuition classes, read more English newspaper as well. With all this effort, my English improved a lot. Because of that, it made me feel good and proud when I communicate with my friends.

Now that I have shared my second secret, let's go to the final secret to a happier life: maintaining positive mind set. A positive attitude makes you happier, more confident and also improves your relationships and your mood. In addition, a positive attitude will make you more creative and it can help you make better decisions.

### **How can we have a positive mind set?**

Turn failures into lessons. We are not perfect. Whether in school or at work, we will make mistakes and experience failure. Instead of paying attention to how you lost, consider what you will do next time and turn your failure into a course. Let's me share an experience once again, I do have a period of having a very downhearted time because of I failed many subject in my examination. But, luckily my parents and my teacher encourage me, given support and teach me patiently, so that I have the courage to face my failure. Another tips are always keep smiling. Try to smile for a few minutes, thinking of happy memories or the last thing that makes you smile. Every time you smile, it can increase your level of positive attitude and feel better about yourself as well. With a positive attitude you see the bright side of life, become happier, and expect the good things to happen.

As a representative for HOPE, let me conclude by sharing again the three secrets to a happier life: healthy lifestyle, a good education and maintaining a positive. Learning and understanding these three secrets is just the first step in actually making life happier. We also need to cultivate these secrets from childhood. And HOPE Foundation is here to help. So, next time, if someone ask you "Are you happy?", you can definitely say yes. Thank you.