
How To Become Happy

Have you been feeling a little off lately? Trying to get a grip on everyday affairs and wondering if that's how life is really supposed to be lived? Have you been experiencing consistent episodes of fatigue and tiredness without any reason? Well, it may be a cue that you need to hit the pause button and take a moment to just breathe, ponder on what you really love, and spend some quality time doing just that. Self-care is not just a fancy term that life coaches and mindfulness experts bandy about in their flurry of articles to earn money. As a matter of fact, it's an absolute necessity that must be addressed before you go about caring for your friends, family, the community, and the world.

The idea of going on that world tour only after you've hit a particular milestone indeed sounds fascinating, but you don't have to halt your happiness till then. Now, this doesn't at all mean that you have to drop everything at once and set on a quest to achieve those personal aspirations. The point of the matter is to strike a balance where you feel innately happy while getting through your everyday life. Don't put your true happiness on the backburner, instead make a plan wherein you promise yourself to dedicate at least 15-20 minutes a day to invest on what makes YOU happy. And be unapologetic about it.

Here are a few simple tips to help you get started:

- A healthy work-life balance

Workaholicism and the accompanying exhaustion and stress can make you disorganized, less productive, and emotionally depleted. It can also lead to all kinds of health conditions from depression and anxiety to insomnia and heart-related problems. Self-care habits such as healthy eating, exercising (yoga, training, walking or running – take your pick), intermittent breaks in between work etc. can be good starting points towards a happier self. Eat wholesome food, set professional boundaries, avoid overextending and go to bed at the same time every night to keep your mind and body motivated, sharp and healthy.

- De-stress yourself with a rejuvenating spa

Self-care is now easy with abundant opportunities accessible in various areas such as journaling, knitting, meditation, and drop-in spa services. Once deemed to be a luxury, self-care is now very much an essential part of everyday life. In fact, the number of Google searches for self-care has moved 25 percent higher than it was at this time last year. Splurge on a quality spa experience or achieve the same effect at home (if you've got a bathtub) to wind down and relax after long work hours. This ritual will give your body the much-needed break from the incessant stimulation of technology, a relaxed mind, and a good night's sleep.

- Listen to music or spend some time reading

Loosen up by listening to your favourite album or reading a book by your favourite author. Scientists swear by the mood-boosting effects of music; make an active effort to stay happier. Dance it out, if you will, like nobody's watching. Hit the library and read a book of any genre –

novel, nonfiction or poetry – whatever that resonates with your heart. Binge-watching Netflix shows is a common trend that can impact your sleep. Limit your screen time (be it a TV, laptop, tablet or smartphone) and utilize that time to engage in other fun activities such as walking the dog or simply going outside. Turns out, there are miraculous health benefits of going technology-free for at least some part of the day.

- Manage your stress (don't let it manage you!)

While a little stress is essential to give us a nudge to complete that overdue task or meet a deadline, constant anxiety and stress can exert an adverse impact on the overall wellbeing. Communicate with a loved one, eat healthy, practice meditation and stay away from toxic people who endanger your peace of mind. Do not procrastinate, learn to say no and start writing a journal of your emotions, thoughts, and ideas. As they say, do not leave the key to your happiness in someone else's pocket, so take control of your life, start living instead of just existing and give your Instagram selfies the real gravitas. Do not put it off for the next Sunday, Thanksgiving holiday or the ultimate apocalypse, start in this very moment and be persistent. It won't be long before you can start noticing the difference!

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