

The first thing to do to become happier, PARADOX, is to accept PAIN emotions, to accept them as part and parcel of being alive. There are two kinds of people who don't experience PAIN emotions, such as ANXIOUS. They are the psychopaths and the DEATH. To experience PAIN emotions is actually a good sign, and the paradox is that when we give ourselves permission to be human, the permission to experience the full gamut of human emotions, we open OUR up to positive emotions as well.

The number one predictor of well-being, of happiness, is time, quality time we spend with our family, friends, people we care about and who care about us. In our modern world, unfortunately, this quality time is

..... ERODE. A very good predictor of well-being is what psychologist Tim Kasser called time affluence. Time affluence is the thing that we have time to sit down and chat with our friends while not... while being on the phone at the same time or text messaging at the same time.

Physical exercise contributes a great deal to happiness. In fact, research shows that regular exercise (three times a week for 30 to 40 minutes of aerobic exercise - it could be jogging or walking or aerobics or dancing) is equivalent to some of our most powerful PSYCHIATRYdrugs in dealing with depression, SAD or anxiety.

Tal Ben Shahar

5 Ways to Become Happier Today

We have become a sedentary culture; where do we park our car? Next to our workplace, or we take the train. We don't walk like our foreparents used to. Thousands of years ago, our foreparents would walk an average of 8 miles a day. How far do we walk today? Well, it depends where we park our car. We pay a high price for it, because we weren't made to be sedentary, we were made to be PHYSICAL active

There are treasures of happiness all around us and IN us; the problem is that we only appreciate them when something terrible happens. Usually when we become sick, we appreciate our health, when we lose someone dear to us, we appreciate our loss. We do need to

..... CULTURE the habit of gratitude. We can significantly increase our levels of happiness. Research shows that people who keep a gratitude journal, who each night, before going to sleep, write at least five things for which they are

..... GRATITUDE, big things or little things, are happier, more optimistic, more successful, more likely to achieve their goals, physically healthier. It actually

..... STRONG our immune system and makes us more generous and benevolent toward others. This is an intervention that takes 3 minutes a day with significant positive ramifications

One of the most important things that we can do in our modern world is to

..... SIMPLE, to do less rather than more. The problem is that we try and cram more and more things into less and less time, and we pay a price. We pay a price in terms of the quality of the work and we also pay a price in terms of the quality of relationships that we enjoyed. So, doing less, by for example, switching our phone off for 3 hours when we get home or not

RESPONSE to every email as it arrives, having what I call email free zones, these little things simplifying our lives even slightly, can make a significant difference to our PRODUCT as well as our happiness.