

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
 PSYCHIATRY drugs 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.