



Cultivate Happiness

Happiness is a word which encompasses a number of emotions that makes that world complete. And for each one, it means something different. But we can cultivate certain habits in our lives to increase our happiness quotient.

Learn to Express gratitude to everyone who makes a difference to the way you think. Gratitude can help you face all your negative emotions positively, feel better about yourself and improve your relationships. Just a 'Thank you' for every small gesture will create more positive vibes around you.

Nurture all relationships. Nurturing your relationships is one of the best emotional investments you can make. If you make an effort to cultivate and build your connections with others, you will soon reap the rewards of more positive emotions. And as you become happier, you will attract more people and higher-quality relationships, leading to even greater positivity and enjoyment. Make an effort to stay connected to the people who make your life brighter. Take the time to call, write, or see each other in person. You'll be happier for it.

Happiness is contagious. Make an effort to seek out and spend time with happy people. Before you know it, you'll be feeling the happiness, too. Consequently, you can further spread happiness around people.

Practice Mindfulness for better living. Mindfulness meditation is a powerful technique for learning to live in and enjoy every moment. Meditation is exercise for brain. When practiced regularly, meditation appears to decrease activity in the areas of the brain associated with negative thoughts, anxiety, and depression. At the same time, it increases activity in the areas associated with joy, contentment, and peace.

Volunteer. You'll get the most out of the experience by volunteering for an organization that you believe in and that allows you to contribute in a meaningful way.

Practice kindness. Look for ways to be more kind, compassionate, and giving in your daily life. This can be something as small as brightening a stranger's day with a smile or going out of your way to do a favor for a friend

And most important sound sleep. As sleep calms body and mind and relaxes it. About 6 to 8 hours of sleep are recommended for a healthy and happy life.

With best wishes,
Health & Wellness Department
Delhi Public School-Bhopal, Ahmedabad