

LITTLE BOOK OF HAPPINESS

7 Simple Ways to be Happy!



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We all live increasingly busy lives, is there so much to do or has it become a habit as we have lost touch with what it is to relax.

Women in particular seem to think it is almost an indulgence to take time out and do something for themselves.

Why?

They would be more than happy to see someone they love do something which makes them happy - why not do that themselves?

This Little Book of Happiness is aimed at giving you 7 easy ways to be more happy, they are not huge steps, they do not take a lot of money - most of them are free - wow! When is the last time you did something for yourself that was FREE??!

Read on my friends and enjoy!

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- No 1 -

Breathe

"Breath is the link
between mind and
body."

Dan Brule

We are not taught how to breathe, it is something we do naturally, but did you know that by not breathing properly, due to habits and bad posture, we are preventing the body from getting its full supply of oxygen, which in turn can lead to our mood, sleep, digestion and energy being negatively affected.

A technique called the 4-7-8 technique, practised twice a day, is said to:

Get into a comfortable seated position and place the tip of your tongue gently behind the skin at the back of your top teeth.

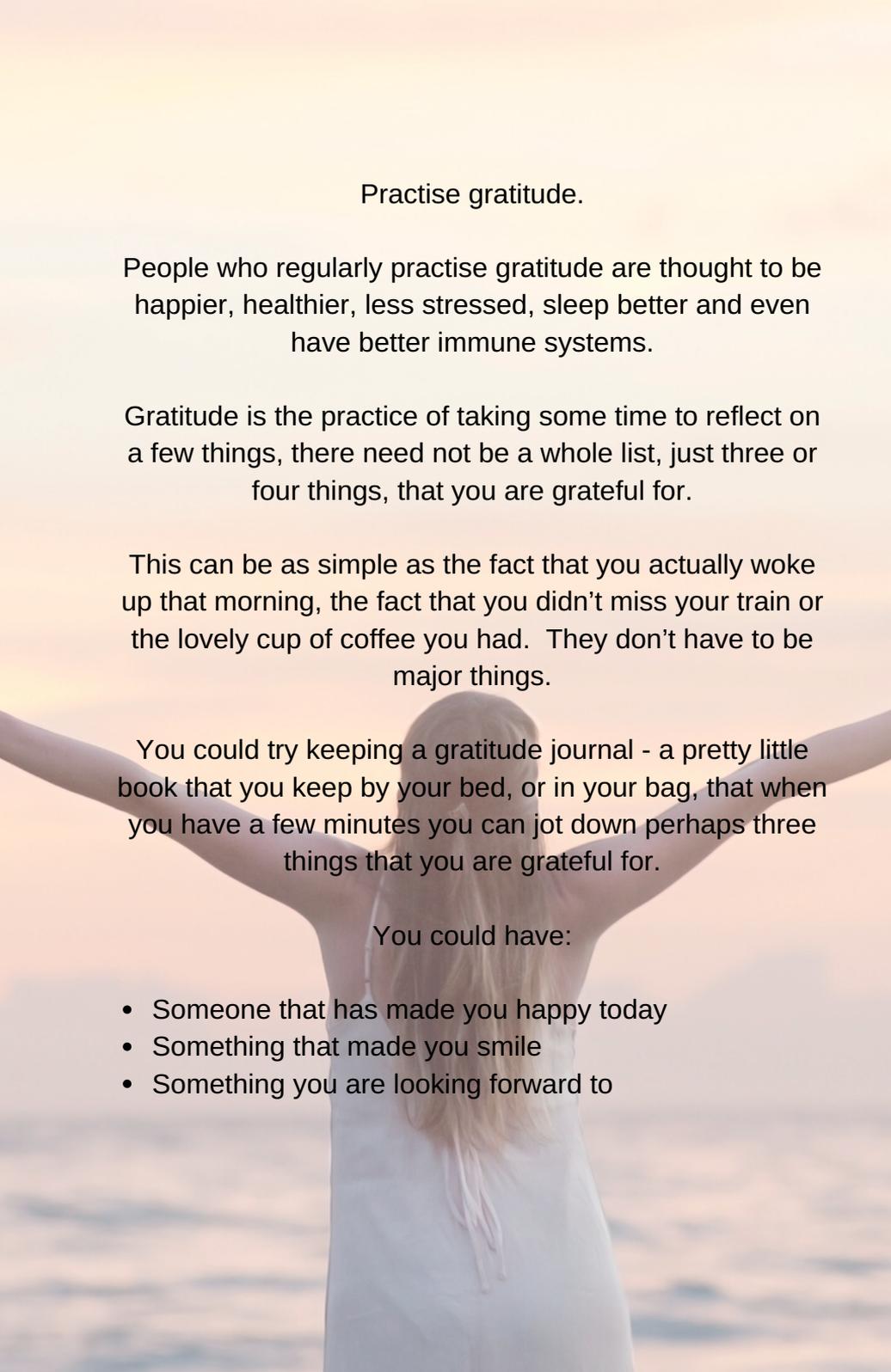
Repeat up to 4 times

You may find it difficult to begin with if you are currently a shallow breather but with practise it will become easier. There is no limit as to how many times a day you perform the technique, the main thing is to be consistent.

- No 2 -

Be Grateful

"Gratitude opens the
door to the power, the
wisdom, the creativity
of the universe"
Deepak Chopra



Practise gratitude.

People who regularly practise gratitude are thought to be happier, healthier, less stressed, sleep better and even have better immune systems.

Gratitude is the practice of taking some time to reflect on a few things, there need not be a whole list, just three or four things, that you are grateful for.

This can be as simple as the fact that you actually woke up that morning, the fact that you didn't miss your train or the lovely cup of coffee you had. They don't have to be major things.

You could try keeping a gratitude journal - a pretty little book that you keep by your bed, or in your bag, that when you have a few minutes you can jot down perhaps three things that you are grateful for.

You could have:

- Someone that has made you happy today
- Something that made you smile
- Something you are looking forward to

- NO 3 -

Put your phone away

“In order to get something
you never had, you have to
do something you never have
done” - Thomas Jefferson

I know, some of you can't even imagine not walking down the road with your head directed at your phone.

It saddens me to see people out for a coffee or a meal with someone and they are continually looking at their phone or someone walking their dog or being in the park with their child and not taking a bit of notice or interacting with them because they are looking at their phone.....is there really something so important on that phone that you are willing to miss out on the simple things in life like chatting and paying full attention to the person you are with or enjoying the scenery on your dog walk or putting down memories of your child at play?

I will leave that with you.

- NO 4 -

Meditate

"The mind is everything.
What you think, you
become."
Buddha

Meditation is a way of observing your thoughts without judgement, it is a way of tuning into yourself and getting a better understanding of who you are.

Meditation takes many forms and you may need to try a few before you find the one that suits you.

One of the simplest forms I have found is guided meditation.

This is where you find yourself a comfortable position and someone, either in person or from a recording (YouTube, Spotify etc), gently talks you through your meditation session. This can be very relaxing but the temptation is to fall asleep so try sitting up comfortably to prevent this as by falling asleep you have missed the point of the meditation.

By incorporating a short meditation session into your morning routine you can set yourself up for the day being more able to focus and concentrate by having those few short moments of calm in an otherwise stressful day. Your morning meditation can take any form, it is the fact that you are making it a routine and an anchor in your day that you will get the benefit from. It can be done anywhere, just start with some deep breaths, connect with your breathing then let the breath return to its natural rhythm.

- Try softly focusing on something within your line of vision, don't stare at it, just look gently.
- Do a body scan - whereby you start at your toes and visualise up through your body and identify any areas of tension and try to relax those off.
- Allow any thoughts that come into your mind but don't dwell on them, imagine them on a cloud that floats away to be attended to later when the time is right.

Start with 2 minutes and gradually build up to whatever feels right.....

- NO 5 -

*Compliment
or thank
someone*

"Everyone likes a
compliment"
Abraham Lincoln

You don't have to go mad here - just go out of your way to say something nice to someone.

- Make sure you thank the person who hands you your coffee and smile - you would be surprised at how many people don't bother.
- Hold the door open for someone and say hello.
- Tell your colleague that their hair looks nice/lipstick suits them/dress is pretty.
- Let someone with less shopping than you go before you in the queue.

The list is endless, but by taking a little time to think of someone else you will not only make them happier but it will rub off on you. (just don't go over the top or they will think you are either after a favour or a raving loon!)

- NO 6 -

Watch a film you
like or listen to
your favourite
album



Setting aside an hour or so to do this will leave you
feeling much happier,

...allow yourself the time,

...permit yourself the time,

...own the time.



Take a bath

"I like to give my
inhibitions a bath now
and then."

Oliver Reed



Heaven awaits - choose a time when you won't be interrupted, shut the door, leave the phone in another room (unless you are listening to soothing music on it), choose an indulgent bath oil or glorious bath bomb which will leave your skin silky smooth afterwards, pick your biggest, softest bath towel for when you get out, have a face pack, drink some wine, light some candles.....whatever you fancy that will put you in a relaxing mood and clear your mind of all negative thoughts - they will still be there when you finish, but for now - all is good.

Just seven ideas, very simple but potentially life changing, if only for a few moments.

By allowing yourself some time to do something that will benefit you it will actually benefit those around you; if your head is in a better place you will have more energy, be more creative, be more able to take on all that life throws at you and.....be happier. Xx