

Happiness

Happiness is the ability to be satisfied with your circumstances. Happy people are able to feel good and at ease when they are at work and when they are taking part in leisure activities. Happiness combines self-satisfaction, general contentment and the ability to enjoy life.

1. **Modify expectations.** Do you have unfair expectations on yourself or others? If so this may affect your happiness. Assess if your expectations are realistic.
2. **Practice balanced living.** To remain positive, it is imperative to have parts of your life that you enjoy, like hobbies. Participating in activities that are enjoyable to you, even when experiencing stress, can provide a welcome relief and may help minimize your anxiety in the long run.
3. **Rediscover hobbies or try something new.** Often when life gets busy, we leave behind the parts of our lives that are fun and enjoyable. What hobbies or activities did you once love to do? Or if you have never really had a hobby, what might be an activity you would find enjoyable? Hobbies may seem like a waste of time, but they actually rejuvenate us to function even better on the “important tasks”.
4. **Laugh at yourself.** Try not to take yourself so seriously. If you do something embarrassing, just laugh. Everyone is bound to trip, mispronounce a word or butcher a joke now and then. Have a good laugh at yourself. Guaranteed others will forget it even happened.
5. **Take a vacation.** It is helpful to take a vacation every so often to take our minds off of our everyday work. If you cannot afford a vacation, take a day trip somewhere with some friends. Go exploring.
6. **Be generous.** It is surprising how uplifting generosity can be. Try taking your eyes off of yourself for a minute, how could you encourage a friend, the waitress, or the person in front of you in line. I promise your positive energy will be addictive to those around you.
7. **Visit a success coach.** If you would like more information on this topic visit a success coach. To book an appointment, visit the Student Success Office (2nd floor of south campus hall) or call 519-888-4567 ext. 84410.

