

Are you Happy?

There are many things in this world that makes someone feel happy. For some it is material, others it is spiritual and for some a personal feat. The definition of being happy is different for every individual and this all depends on what that person values in life. Here are a few things that anyone can be happy about; In some societies, having a family is enough to be happy. By having parents as role models who continue to care about the children even if these kids are all grown-up and siblings who support one another through thick and thin. These are just some of the things that orphans or people who come from broken families wish were available and some individuals who do have take for granted. There is a saying that goes no man is an island. Having friends during both good times and bad is something important. If these people don't give comfort and advice when things don't turn out right, then these individuals don't deserve to be called such and one should just look for people who do. The love that family or friends can give to some is not enough. A person needs something more special than that which is why one gets into a relationship. By doing an activity that both like to do and finding a connection there is a good chance that this person could be the one that the individual would like to spend the rest of eternity with. Doing something one enjoys and loves is another. Any person who stays a year or more in any job continues to do so not just because of the money but because that person is having fun. It is hard to do anything if one does not have the heart or passion for it. Should that person come to that point, then perhaps a change in career is needed. It is better to give than to receive and if that person has a lot of love to give, then one can share it by joining a volunteer group that helps people. There are many places that an individual can join such as the nursing home, hospitals, non-government and non-profit organizations. Stress leads to a lot of health related sicknesses and at times death. One must accept that there are many things in this world that are uncontrollable and worrying about it doesn't help. By being aware of this and focusing only on what the person can do, it will help the person concentrate on the things that are important. Studies have shown that engaging in any form of exercise increases the amount of endorphins produced by the brain and thus makes the person feel happy. Being healthy and in good physical condition is something a person can show off and be proud. There are things that may upset a person. By completely ignoring it or not paying that much attention to it will help in preventing that individual's day to be ruined. Everyone has strengths and weaknesses. By using more of the talents and gifts that a person has instead of wishing for things that aren't present, it will make the person feel happy and not envious of other people. Man evolves in the surroundings. By learning from mistakes and experiences, people improve. By remembering the times in one's life where the individual has touched the lives of others, a person has brought happiness from the one who gave it to the one who received it. Being happy or how to be happy is not something that anyone can tell a person. It doesn't end by getting that dream job or getting married. It is a continuous process that the individual must pursue everyday. Praying can help a person seek happiness by asking for guidance from above. Everyone has a happy place. Be it a special event in one's life, watching the sunset or just being in solitude. Showing love and happiness doesn't only have to happen during Christmas. It can be done everyday like giving a compliment to someone who has done a good job and encouraging the person to do more can really go a long way. It has an effect on people which brightens the day and will also let one share it with another.

About the Author

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