

Aug. 13, 2016

6 Simple Ways to Boost Your Happiness

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It's hard to keep the world from weighing down on you. With relationships, bills and a whole slew of other frustrations in the world, it's easy to understand why you feel glum. It can even feel as though life is just one giant string of depressing moments broken up by tiny moments of happiness.

However, the truth is that many times, our frustrations are caused by not taking the proper time for yourself. What this means is that a huge number of the annoyances that we face everyday can be solved quite simply. In fact, there are 6 solid ways that calm you down every time!

1. Sleep

Who doesn't like a good nap, whether it be twenty minutes or two hours? There really is nothing quite like waking up refreshed and wonderful! In fact, studies show that there is a direct link between your mood and how much sleep you're getting.

So using that sort of knowledge, it makes sense as to why the perfect nap increases your happiness. In the case that you're in a down mood, you now have the perfect excuse to sleep it off.

2. A Walk in Nature

Think back on all the times you've wandered into the woods as a kid. Whether you're hiking through a forest or walking down a nature trail, nature just soothes the soul. One thing many scientists agree on is how your environment affects your mood. Being around the sun, the singing birds and the gentle wave of the trees is exactly what you need sometimes.

Just changing that view allows your mind to wander into the pleasantness of the moment rather than all the things going on in your life. Life is about being in the moment, the people that live in the now are generally quite happy with their lives!

3. A Good Laugh

Laughing until you cry. The very image makes people smile with joy as they relate their experiences of doing just that. The fact of the matter is that when you laugh, it stimulates a part of the brain that controls happiness. A solid laugh with a group of friends always feels so good while it's happening.

Afterwards that great feeling just sits in your chest for a time, and if you think about it, one joke tends to lead into another. If just a solid laugh fixes your down mood, think about what a wave of laughter can do?

4. Fresh Air Near the Sea

Picture yourself on the edge of the sea. Whether it's on the shore or cliff is irrelevant. Feeling the cold wind hit your face, feeling the refreshing effects. Just the very thought of being next to the sea inspires images of relaxation and calmness. The sea air is the subject of actual research being conducted to find out the exact medical benefits of seawater and the air.

5. Deep Breathing

Breathing deeply is a quick, immediate solution to calming yourself down. If you get very upset and are stressing out, immediately stop what you are doing and take a second. Shallow breathing has been shown to be a part of the stresses of modern life.

Breathing deep when the situation calls for it is one of the best abilities to develop. Our lungs are as deep as they are for a reason, take advantage of the calm that comes from breathing deeply!

6. Shower

How many times have you sighed deeply when you take a shower? That water running down your back just seems to take all your cares away. The rushing water has also shown to yield some surprising effects on your overall mood and health.

With these solutions to cure your mood, it's surprising to see so many people so frustrated. The issue is the fact that they are so easy! If you think about it, taking five minutes to do any of these things is all it takes. By that same nature, you have all the time in the world to cool off. Which is exactly why people don't do it. You need to commit a huge amount of willpower just to use these solutions, but it's totally worth it. Take those five minutes, calm yourself, and increase your happiness!