

Candis

HEALTH • HAPPINESS • FAMILY LIFE CLUB & MAGAZINE

Fast-track to happiness

It's National Smile Month! Check out these speedy tips to lift your mood whatever comes your way...

Reframe your thoughts

It's important to remember that while you can't always change events, you can change your response to them. "Ask yourself is the situation important, is it pervasive and is it personal," advises Happiness Coach and writer Susanna Halonen (happyologist.co.uk), "Simply reminding yourself of these points will help you see challenges in a better light."

LOOK FOR THE SILVER LININGS

According to The Secret Society of Happy People – an online group celebrating joy – 40 per cent of our happiness is within our control and is determined by our approach to bad situations. Rather than focusing on the problems or challenges in your life, increase your happiness by making a conscious effort to focus on the positives or what you can learn from every situation that comes your way.



Keep a gratitude diary

"There are many things for you to be grateful for in your life, yet when we're feeling down we seem to forget about them," says Susanna Halonen, "Finish every day by writing down three things you are grateful for. Over time, gratitude will become a habit and you'll become more positive."

BE SURE TO SURROUND YOURSELF WITH POSITIVITY

Research shows happiness is contagious, and the happiness of others can transform your mood. For an instant mood boost, try asking those around you to share the good things that have happened to them that day or week.

Alternatively, download the free Happier app from iTunes to upload and share the small moments you appreciate in your life.

SPREAD THE CHEER

Happiness Matters Coach Caroline Clark (happinesismatters.co.uk) advises showing kindness to others for a mood boost. "There are lots of benefits to being kind," she explains. "It enhances connection to other people and can lead us to view them more positively."