



5 Tips for a Happier, More Content Life

Many people, even on their best days, feel they could be happier.

They yearn to feel more content or more at peace on a day-to-day basis. If you are one of those people, here are 5 simple tips that you can apply to your life today, to help get you there!



Value-Behavior Alignment

What do you value the most in life? Is it your Health? Your Family? Life-Long Learning? Financial Security? Your Faith? Whatever you value most in life, ask yourself if your behaviors (the way you are living) actually match what you value. For instance, if one of your top values is your health, do you get your annual physical? Do you eat a balanced diet? Do you exercise regularly? If you are living in a way that does not match what you value, then you will probably feel anxious or depressed more often. To feel more content, make a commitment to change at least one of your behaviors to be more aligned with your values.



Break Big Goals into Small Steps

Big goals can feel overwhelming, causing many people to feel depressed, angry, or discouraged as they attempt to reach their goal. To avoid this, break a big goal into its smallest steps and recognize and congratulate yourself for completing each step. For instance, if you need a new job, finding one can feel very daunting! But what are the smaller goals? First you need to make a resume. Then you need to search for and apply for jobs. Perhaps you need to practice answering common interview questions. As you complete each smaller goal, celebrate! Acknowledging these accomplishments along the way can increase your self-esteem and make you feel more capable of reaching your "big" goal.



Speak Kindly To Yourself

"You're So Stupid!" "Everyone Hates You!" Would you say these things to your closest friend? Of course not! Yet many people speak negatively to themselves in their own heads all day long! If you notice that you are "talking" negatively to yourself, press the PAUSE button, and think about speaking kindly to yourself instead. What positive and reassuring words can you tell yourself? Treat yourself as well as you would treat a close friend!



Schedule "Time-Outs"

With so much on our plates, it often feels like there is not enough time in the day for everything you need to get done. Usually, we don't schedule a "time-out" for ourselves, which means our own needs get put on the back burner. However, our bodies and minds can only handle so much! Here's where the time-outs come into play. Make an effort to schedule at least one self-care item into each day. Self-care is something that you do just for you, to make you feel happier and more content. It may be working out, taking a bath, reading a good book, going for a walk, pampering yourself in some way, or simply calling a close friend to chat. Whatever it is, self-care should help you feel refreshed, lighter, and more prepared to dive back into the rest of your day.



Write It Down

Grab a notebook or a special journal and start writing your thoughts down at least once per day. This is an effective way to improve your mood because it is a private space where you can get out everything that is bothering you. Writing down your frustrations and worries actually lessens their "weight" in your mind. With writing, there is no need to worry about anyone else judging you or offering unwanted advice. It's just for you!

So make sure your behaviors match your most important values, break your big goals into smaller one, speak kindly to yourself, take time out to care for yourself, and write down your thoughts and feelings each day.

With these 5 tips, you are sure to feel happier and more content in your daily life.