

WEALTHY FROM WITHIN

BUILDING YOUR HAPPINESS

Strengthen Your Happiness Muscle

Making self-care a priority helps us engage in activities that benefit our physical, mental, and emotional health resulting in a happier and healthier life. If you won't make your self-care a priority, who will? But happiness and resilience take practice. Just like strengthening your leg or arm muscles, building happiness requires repetition and focus. Self-awareness also helps make being happy a habit. How can you build your happiness?

Prioritize yourself.

Making time for you is not selfish. We need to focus on our mind, body, and spirit in order to live our best. Taking care of yourself also helps you be a better help to others.

Try This! Small changes accumulate. Choose healthy foods, get enough rest, spend time doing activities you enjoy. When you fail or experience stress, practice self-compassion. Allow yourself time to recover and deal with the adversity, then move forward positively.



Find purpose and meaning.

Battle negativity by learning to shift your focus to the positive. Identify what you really want from life. Living with intention empowers us to create happiness and focus on joy.

Try This! We often become fixated on the one solution we assume is the only answer, and this creates unnecessary stress. Approach an obstacle by thinking of 3 possible solutions. Creativity and flexibility allow us to be more resilient and manage life more openly and meaningfully.

Focus on what you can control.

Worry can be paralyzing. Learning to focus on what we can control and realizing that we can control our reactions to situations is liberating and powerful.

Try This! When something goes wrong, we tend to get frustrated, angry, worried. Interrupt the pattern. We don't need to react to challenges emotionally. Instead, focus this energy on identifying a solution.



Mind your mind.

Our thoughts become our actions, and our actions become our behaviours. We can either add or detract from a positive mindset. Be aware and control the direction of your thoughts.

Try This! The first step to navigating change successfully is accepting that we don't like it! Allow yourself to grieve what's been lost, then focus on the present. What's the opportunity ahead? Identify it and embrace the chance to move forward and grow.

Prioritize Positivity and Resiliency



When we misplace emotion or add negative narrative, we create unnecessary and unhealthy stress. When it comes to setting our priorities, we tend to choose work, time-wasters, quick convenient meals over time spent on building our self-wealth. What we need to do instead is prioritize positivity and engage in activities that benefit our physical, mental, and emotional health. This helps build resilience and helps us live a happier, healthier, and purposeful life.

Every day, each of us faces a variety of challenges both at home and at work. We often find ourselves dealing with a stack of issues that interfere with performing at our best. Over time, we experience frustration and ultimately burnout as a result of emotional distress. So, what's the solution? Build your toolbox!

Manage your energy. Identify energy-suckers and energizers. Energy-suckers are tasks that deplete your energy, demotivate, and destroy your spirit. Energizers are tasks that motivate, inspire productivity, and fulfill you. To avoid being mentally exhausted at the end of the day, balance these types of tasks and end off with something energizing.

Learn to say no. We feel guilty saying no, yet we're already stressed and overwhelmed. We may feel obligated to help when asked, but always saying yes can lead to anxiety, resentment, and burnout. Sometimes, no is the best response. It can help reduce stress, increase time and energy for positive mindset activities, and boost self-confidence.

Quiet your internal voice. We can have 60,000 thoughts a day, and for some of us, 80% of these are negative. Interrupt the negativity with moments of stillness. Meditation can help bring awareness to your internal voice. You can then choose which thoughts to hold onto and which to let go of.

Get your vitamin N. The average person spends almost 93% of life indoors. Being outside helps reduce stress and improve mood and cognitive function. Plan a family hike, spend a day at the beach, work in the garden. Choose an activity you enjoy and spend time with nature.

Practice gratitude. Take time to appreciate what's in your life. Gratitude has numerous benefits to our physical, emotional, and mental health. It increases joy, decreases negative emotions, and increases our production of serotonin and dopamine. Start the day by thinking of something you're thankful for or keep a gratitude journal.



Sources www.psychologytoday.com/ca/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself
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