SIMPLE HABITS THAT WILL MAKE YOU FEEL HAPPIER



WHAT IS HAPPINESS?

Happiness is an emotional state that is characterized with the feelings of joy, satisfaction, and fulfilment



BE POSITIVE

Giving a positive vibe to people around you will bring happiness not only for them but for ourselves too



EAT HEALTHY FOOD

Eating healthy foods will give you lots more energy than junk food will and it is very good for your body





GET ENOUGH SLEEP

By getting enough sleep you won't feel sluggish and have a lot of energy in the morning

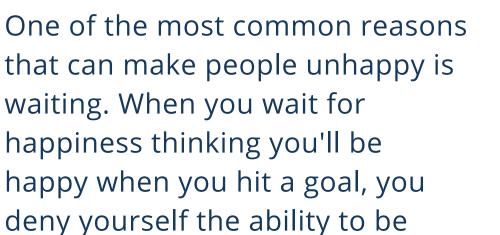


EXERCISE MORE

When we exercise, our body gives out a hormone called endorphins, giving us the feeling of joy

WHY DO SOME PEOPLE FEEL UNHAPP?

happy in the present moment.





HOW TO BE GRATEFUL

Have an open mind. Accept your strength and weaknesses. Be grateful. Do not be afraid of mistakes.



SPEND TIME WITH YOUR LOVED ONES

Spending time with people you care about will give you a feeling of happiness

