

CREATING HAPPINESS IN AN UNHAPPY WORLD!

Folks are usually about as happy as they make their minds up to be” ... Abraham Lincoln

WHAT TO KNOW!

- People are filled with positive and negative emotions; being happy involves reducing the negative emotions and increasing the positive ones
- Marketing, social media, and the general media create unhappiness or a “pain point” by constantly informing us of:
 - something to worry about
 - something we don’t have
 - something we need to be happy or successful
 - something that is unjust
 - something that is missing
 - something that will bring gloom and doom
- To be happy, one must develop a mindset of having positive thoughts and see the goodness in situations while reducing the negative thoughts and messages
- Being happy does not come easily; it is a definite, active, conscientious, choice people make
- Happiness is not an end point but a continuous journey of self-reflection and positive thinking
- Living according to a specific positive philosophy of life despite what others may do will bring satisfaction and enjoyment
- Happy people believe that now is the time to enjoy life; they don’t wait for their happiness to come sometime in the future
- Having gratitude for what you have rather than wanting more and more will bring contentment and satisfaction

WHAT TO DO!

- Make a conscientious decision to be happy
- Allow yourself to let go and have genuine fun
- Stop blaming and complaining and find positive solutions to your issues
- Practice daily affirmations such as “Today, I will have a great day”.
- Reduce or completely stop watching/listening to sources of worry, anger, anxiety etc. such as the news, movies, and social media
- Socialize with positive people to feel their caring and genuine interest in your life
- Recognize and accept that there are situations where you have little or no control in order to reduce your frustration and disappointment
- Choose an activity that you enjoy and do it regularly
- Set a goal and achieve the goal
- Care for your mind and body by eating well, exercising, and practicing meditation
- Seek professional help if you experience depression, long periods of sadness, or you are unable to find happiness

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

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