



**BOOST YOUR
HAPPINESS!**



TIP #1

CARE ABOUT YOUR SLEEP!

WHEN YOU SUFFER FROM INSOMNIA AND DEEP TIREDNESS, TRY TO FIGURE OUT WHAT YOU CAN DO TO IMPROVE THE QUALITY OF YOUR SLEEP. THE FIRST STEP IS TO CREATE CERTAIN RITUALS THAT WILL ENSURE THAT YOU WILL GET READY TO GO TO BED AND TAKE SOME REST: TAKE A HOT BATH, READ A BOOK AND PRIMARILY UNPLUG YOURSELF FROM YOUR MOBILE PHONE. YOUR BEDROOM SHOULD BE THE LAST REFUGE OF YOUR PRIVACY.



TIP #2

SOCIAL MEDIA DETOX

HAVE YOU EVER EXPERIENCED THAT FEELING OF MISSING OUT SOMETHING IMPORTANT WHILE SCROLLING YOUR FRIENDS' FACEBOOK WALL OR INSTAGRAM ACCOUNTS? IT IS A NATURAL REACTION, WHICH MIGHT BE VERY HARMFUL FOR OUR PSYCHOLOGICAL WELL-BEING. TO AVOID IT, JUST OPT OUT OF FOLLOWING EVERYTHING WHAT YOUR ACQUAINTANCES DO AND TRUST YOUR GUT IN TERMS OF WHAT IS THE BEST OR MOST INTERESTING FOR YOU. INSTEAD OF BUNGEE JUMPING, SPEND SOME TIME WITH YOUR FAMILY. NOT ALWAYS THE MOST ADVENTUROUS OPTION IS THE MOST BENEFICIAL FOR YOUR SELF-DEVELOPMENT.

TIP #3

MAKE THE BEST DECISIONS!

NOWADAYS, OUR CHOICE IS UNLIMITED WHICH MIGHT BE A LITTLE BIT OVERWHELMING, SO WE HAVE TO BE MASTERS OF DECISION- MAKING. IN ORDER TO POINT OUT THE BEST SOLUTION, JUST TRY OUT DECISION-MAKING METHODS SUCH AS ELIMINATING WORSE OPTION OR IMAGINING POSSIBLE CONSEQUENCES. SOMETIMES IT IS WORTH BEING SPONTANEOUS AND NOT HAVING SECOND THOUGHTS BUT SIMPLY TRUSTING YOUR INTUITION!

TIP #4

SPEND SOME TIME WITH YOUR FAMILY!

WE ALL KNOW THAT OUR FRIENDS BRING OUT OUR BEST SELVES. INSTEAD OF SPENDING THE WEEKEND ALONE, CONSIDER GOING WITH THEM ON AN ADVENTURE THAT WILL LET YOU RELAX AND MAKE A BREAK FROM YOUR DAILY LIFE. ALSO DON'T LET YOUR WORK OR DUTIES PUT YOUR SOCIAL LIFE UNDER THREAT!



TIP #5

DO SOMETHING USELESS?

NORMALLY AT WORK OR SCHOOL WE FOCUS ON CREATING SOMETHING IMPRESSIVE THAT WILL STAND OUT AND FOR WHAT WE WILL BE HAILED. SOMETIMES, HOWEVER, IT IS REALLY BENEFICIAL WHEN WE JUST DO SOMETHING FOR FUN AND NOT NECESSARILY FOR A PARTICULAR REASON. SO THINK ABOUT TAKING UP DRAWING, DANCING OR WRITING POETRY!