HAPPINESS

Happiness. At first glance it looks like a simple word. Its meaning seems obvious. But when you find yourself having to define happiness, you realize that it's not so easy. Why? Maybe because everybody perceives this concept differently and even WE tend to change our own perception over time. I have asked a lot of people about what they need to be happy and I have received a variety of answers. The only aspect that could be found in each situation was the fact that happiness meant a state of fulfillment. That can be achieved in different ways, so the solution to being happy is finding those things that make you feel fulfilled.

I could talk about what makes ME happy, and I would probably try to captivate your attention by talking about the interesting places that I have found around my city, about the fun activities that me and my friends have come up with to avoid the routine, I would even be able to talk for a long time about how music has helped me a lot to get through hard times, but I won't. And that because it's only about my personal view on happiness. These don't apply to everybody. I love having an active lifestyle where every day is a new adventure, but a lot of people would rather relax in the comfort of their own home for the day, and rewatch their favorite series. So I will talk about what I know that EVERYBODY needs in their life.

First of all, stress is a factor that influences us A LOT. It is beneficial as well, because it makes us value the times of relaxation, but if it is present in high quantities for long periods of time, it consumes us so much that we forget to live our lives. What we can do about it is to learn how to organize our time (when it comes to stress from school or work), do activities that are able to take our mind off some problems for a while, seek advice from more than one person (because only one more point of view doesn't make us see the whole picture) and overall try to do something about it, not to learn to live with it, acting like the source of our stress doesn't exist. Too many people tend to do that and it destroys them over time.

Another important aspect is to always pursue YOUR dreams and not others'. Our time is so precious and we don't seem to realize that until it's too late. Whatever you do, don't do it to please others, but do it for yourself. Also, stop telling yourself that you will have time to do something later in life. It's so sad when I hear people my age saying that they will start living their life as they want it after turning 18 or after finishing their studies. By procrastinating you will only look back with regret at the years that you have lost with doing only the things that you needed to do. If you learn how to organize your time, you can both work AND have fun.

Never let yourself have regrets. Do what is up to you to create the experiences that make you feel fulfilled and when things don't work out, see the situation as something that you could learn from. There is a lesson in everything, and, once you see it, you won't regret anything because you will see that no matter the outcome, you still have something to win from it.

Well this is my view on happiness and it has helped me to never lose sight of the positive aspects in life. Once you learn how to do that, in whichever way you may find, you will be able to be happy :))