The art of being happy

HOW TO IMPROVE THE QUALITY OF YOUR LIFFE

THE IMPORTANCE OF BALANCE

Balance is not something you find, it's something you create

When we see someone that looks happy with their life, we say that person "has it all". This usually means: a big house, a fulfilling job, having an infinite amount of money, a nice car, a perfect wife/ husband and beautiful kids. This saying implies that we need all of the above (and even more) to enjoy true hapinness. That is absolutely not true. Why would someone want to wait until they achieved all of these things to start feeling happy? And what if that never occurs? I can <u>ensure</u> you that everyone is <u>capable of</u> being happy. The key to hapinness isn't a life of abundance, nor that of neglect. Creating your balance is the answer. This means embracing your limits, because a imitless life is meaningless. Once you fully understand that, it becomes easier to create balance.

CREATING BALANCE

Some tips on creating a balanced life

- Find something that you really enjoy and that calms you down (i.e. reading books, walking, needle felting, playing the ukulele,...) and do this whenever you feel <u>overwhelmed</u> by your emotions.
- It is good to be alone from time to time. Willingly missing out on social events, hanging out or parties can help you to recharge and reflect. A nice thing to do in this free time is to pamper yourself (taking a warm bath, putting on a soothing face mask,...)
-If you study a lot, it is important to know when to take a break. You could choose a day of the week to declare study-free, or decide on a scheduled one-hour break, for example from 18-19h (to <u>take a nap</u> for instance)

THE INFLUENCE OF TECHNOLOGY

The great growling engine of change

Recent technological <u>advances</u> have led to screens being literally everywhere. They allow us to stay connected to our friends, watch our favourite movies whenever we like and to <u>seek out</u> information.Unfortunately, there are also many downsides to the internet. Most of the things we see online aren't real. Comparing our lives to the perfect ones we get presented on social media is toxic and has a negative impact on our well-being.
What can you do let social media <u>bring out the best</u> in you instead of putting you down?

TECHNOLOGY AS A SERVANT, NOT A MASTER

Some tips on a healthy approach to technology

- Start by minimizing your screen time. Statistics indicate that we spend 3 hours of our days locked on to a screen (leisure-driven, this study does not contain work related hours). Let me <u>point out</u> that no one needs to spend that much time on their phones/laptops/tablets. Download an app that measures your screen time (I guarantee you will be surprised by the result, we spend way more time on our phones than we think) and start by reducing your screen time by 20 min a day. You choose your end goal.
- Don't use your phone or laptop before you go to sleep. It is best to turn off all technological devices 2 hours before bedtime. I know it sounds hard, but this will improve the quality of your sleep and thus make you more productive throughout the day.
- Another small tip is to unsubscribe from all the useless auto-generated emails. Not many people know that you can opt out of these marketing emails. It will
bring down the amount of time you spend checking your emails and make you less frustrated.
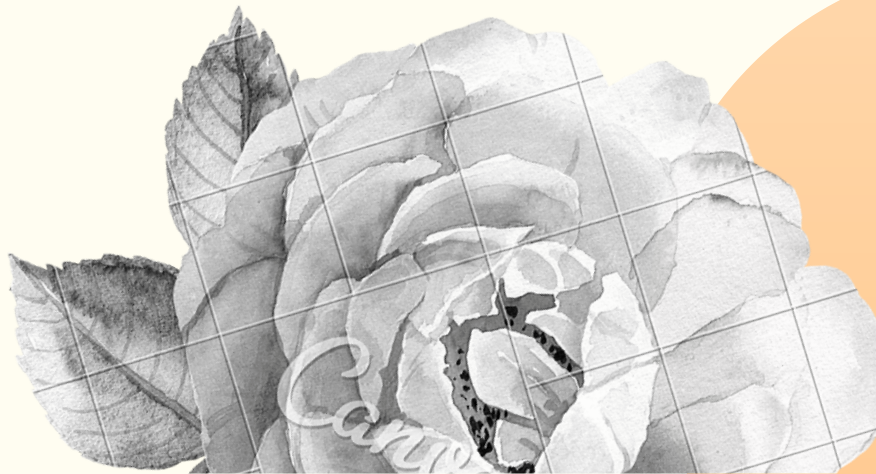
STRESS!

being stressed is so stressful

Stress probably holds the biggest power over our happiness. After all, no one can be stressed and happy at the same time. I am not saying you need to <u>stamp out</u> all the stress in your life, but try to reduce stressful situations. Living in permanent stress has no advantages and leads to burn-outs. The feeling of stress is closely related to FOMO (Fear Of Missing Out).

HOW TO BEAT STRESS

Because you can.

- If you experience fomo, try to figure out where this irrational fear is coming from. This will allow you to identify the roots of the problem and prevent a stress-atack.
- If you're not familiar with minimalism, try to explore the philosophy. Minimalism revolves about removing all the unnessecary objects from our living area, in order to free headspace. It hs been scientifically proven that clutter has a negative effect on our stress level. Overall, minimalism has lots of benefits. It can bring a very positive energy into your life. Try to read a bit about it, watch some YouTube videos, ask around,... I guarantee that even if you disagree with the concept, you're going to find a lot of wisdom you can easily incorporate into your everyday life.
- If you have to make an important <u>make-or-break decision</u>, just <u>trust your gut</u>. Only you know the answers concerning your life, and you should be the only one in control. If you really don't know the answer or you're having second thoughts, <u>outsource </u>the problem to someone who you trust and who is equipped to provide you with some serious advice. Try to <u>take all factors into account</u> (not only the opinion of the person you consulted) and make an informed decision. This way you limit your chances of regret.
- Never <u>put off an important decision</u>. This way, tension will rise and he decision-making process will become increasingly harder, leaving you with loads of stress.
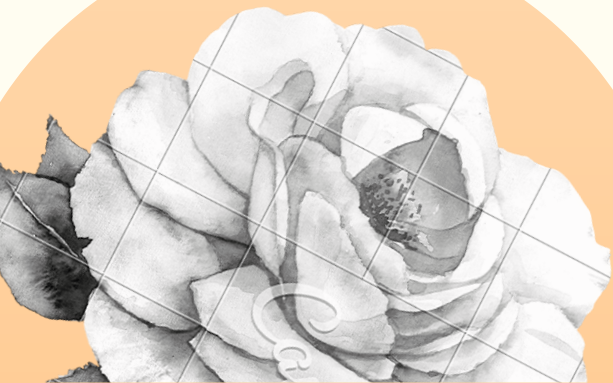
In the end, we all just want to be happy. I hope I provided you with some useful insight. Bless your soul and always remember to "Strive to become the best version of you instead of the best copy of someone else's life." – Edmond Mbiaka.