Helping Others with Happiness

We all have the potential to increase our personal happiness and sense of well-being.

What made you happy today? It’s a simple question, and yet we often forget that we have multiple opportunities every day to express appreciation and bring a smile to someone’s face. We all have the power to choose how we’ll react in every situation, and to decide how we’ll spend our time and energy.

Happy, positive people tend to feel more energetic and creative, and are more likely to trust and help other people. They’re even likelier to enjoy better health and live longer than people who are chronically unhappy. While happy people experience just as many distressing life events and setbacks as anyone else, they tend to think optimistically and look for the positives even when things aren’t going their way.

Here are some tips to help you and your family members be happier:

- **Start the day on a positive note.** How your morning goes often influences your mood and motivation the rest of the day. If mornings are a frantic rush for you, try going to bed earlier and rising earlier so that you have some extra time to yourself.

- **Cultivate gratitude.** When people feel grateful, they’re more focused on the positive aspects of their lives.

- **Practice the art of listening.** Truly listening to someone else requires your full focus and attention. Practice not interrupting and asking questions to clarify what the person said so you really understand.

- **Show appreciation.** You can strengthen your personal and professional relationships by simple things such as thanking someone.

- **Nurture close, supportive relationships.** Good social relationships are strongly correlated with happiness. For some people, a few strong relationships meet their needs. For others, it is a wide variety of friends and family.

- **Savor the present.** Enjoy the simple things in life such as a good meal, a sunset, a conversation with a friend, and time with your loved ones.