



# SIMPLE HABITS THAT WILL MAKE YOU FEEL HAPPIER



## WHAT IS HAPPINESS?



Happiness is an emotional state that is characterized with the feelings of joy, satisfaction, and fulfilment



## BE POSITIVE

Giving a positive vibe to people around you will bring happiness not only for them but for ourselves too



## EAT HEALTHY FOOD

Eating healthy foods will give you lots more energy than junk food will and it is very good for your body



## GET ENOUGH SLEEP

By getting enough sleep you won't feel sluggish and have a lot of energy in the morning



## EXERCISE MORE

When we exercise, our body gives out a hormone called endorphins, giving us the feeling of joy

## WHY DO SOME PEOPLE FEEL UNHAPPY?



One of the most common reasons that can make people unhappy is waiting. When you wait for happiness thinking you'll be happy when you hit a goal, you deny yourself the ability to be happy in the present moment.



## HOW TO BE GRATEFUL



Have an open mind. Accept your strength and weaknesses. Be grateful. Do not be afraid of mistakes.



## SPEND TIME WITH YOUR LOVED ONES

Spending time with people you care about will give you a feeling of happiness