

The Secrets to Long Term Happiness

1. Exercise on a regular basis as this will cause the “feel good” chemicals to be released in your brain. Exercise can mean anything from a traditional exercise regime to simply walking more and taking the stairs instead of the elevator on a regular basis.
2. Volunteer to help others. Studies show that when we help others we are at the same time helping ourselves feel good. We also forget about our own problems and get to focus on something else.
3. Attend church regularly. A PEW research poll indicated that those who attend church are happier than those who do not. This might be because we cultivate social relationships at church. But it is also because placing God at the center of your life is much better for long term happiness than placing yourself there.
4. Eat a balanced diet of fruits, vegetables and meats staying away from sugar products. Also supplement your diet with Vitamin C, Vitamin D, Dark Chocolate and cultured milk products like Yogurt and Kieffer. These foods have a positive effect on the immune system and the brain.
5. Create attainable goals in your life on a regular basis. Studies show that we are much happier when we are achieving. Accomplishing your goals builds self-esteem as well.
6. Meditation has been proven to actually change your brain for the better. In fact, those who meditate regularly find that their depression and anxiety levels plummet. This is replaced with a feeling of wellbeing.
7. Be thankful for who you are and what you have. Even when times are difficult there is still plenty to be thankful for. It is difficult to be thankful and depressed at the same time!

