

Happiness

March 1, 2022

Turning on the radio or TV to learn the news can be a very depressing experience. Unfortunately it is important to stay informed especially about events that directly impact us. So how does one counterbalance the daily negative hits to our psyche? We find events and experiences (sunsets, walks in nature, pedicures), practices (yoga, reiki, meditation, breathwork), things (flower essences, kittens, new hair color), and people (dear friends, family and community) who support and reinforce positive feelings during these seemingly unending challenging times in which we live. Finding the small things to celebrate is our 2022 theme with the hope to be supportive to our patrons and anyone who reads our blog. Last month, we talked about Random Acts of Kindness Day. For March we wish to discuss two other days with a similar vibe to celebrate.

March 3rd is National I Want You To Be Happy Day. We can not please everyone (some people do not feel safe unless they are miserable) and we are not responsible for other's choice to be happy or not. We can, however, at least offer them an occasion to smile. This is a day for us to do something that makes others happy. All of us have had different life experiences and come wired differently, so it is important to be thoughtful about others' points of view. What brings joy to one person may bring the opposite to another. You don't want to drop off wonderful home baked goodies to a neighbor who is on a restricted diet for health reasons. The act doesn't have to be a grand gesture either. Dropping off a small flowering plant or a half an hour chat with an isolated elder can have a huge impact. When we help to put a smile on someone's face, we tend to put one on ours, too. If you want to post on social media use #IWANTYOUTOBEHAPPYDAY.

March 20th is another day of happiness to celebrate. This date is the International Day of Happiness. In 2012, the United Nations passed a resolution that recognizes "the pursuit of happiness as a fundamental human goal." First celebrated in 2013, 193 UN countries agreed with this resolution that called for happiness to be given greater priority. That means affecting public policy objectives and recognizing that progress is not just about increasing the bottom lines and encouraging economic growth; that human happiness and well-being also are important factors to progress. Studies show that happy employees have higher rates of employment and that happy people tend to live longer and enjoy better health, which in turn positively affects economies.

How to celebrate International Happiness Day? Practice happiness.

~ Music has a powerful voice. Listen to upbeat music. Pharrell Williams released his "Happy" music video on March 20, 2014 in tribute to the day. It's very difficult to listen to this song and not smile.

~ Spend some time with family or friends and specifically have the agenda be sharing only positive memories.

~ Create a gratitude jar where you daily or weekly write one thing you are grateful for and place it in the jar. Not only will you be training your mind to be more grateful, but as the jar fills, you will have positive reinforcement on how much good there is in your life.

~ Make a point of smiling. If you are authentically dealing with sadness or anger, be with those emotions until you have fully processed them. But if not, notice how easy it can be to smile rather than to be monotone or neutral. and how that can positively change your mood.

~ Pay attention to the words you use and how you say them. If it is snowing again, rather than complain that it is snowing again, make the statement that you are looking forward to seeing the flowers in Spring. Many people successfully dealing with severe health or other challenges can not believe how much people complain and make themselves miserable about the weather. The weather just IS, and if the weather is the worst you have to complain about then you don't know how good you have it! Also remember that talking about difficult or painful situations does not make one inherently negative. People going through tough times often need to work through them verbally. Please seek professional help if you need it. Otherwise, keep in mind that it is how you present what you are going through that matters whether you are being negative or just sharing aspects of your life.

Authentic happiness is not about acquiring things but being able to rejoice in the relationships you have and to be able to celebrate the smallest things. So decide to make March, the month that you consciously work on choosing happiness whenever possible. Make an appointment to see us and let's smile together!

"Happiness is like Jam. You can't spread even a little without getting some on yourself." - Anonymous

"The happiest people don't have the best of everything, they just make the best of everything." - Anonymous

"Every day may not be good, but there is something good in every day." - Alice Morse

"Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything that it is." - BoomSumo.com

"I think happiness is what makes you pretty. Period. Happy people are beautiful." - Drew Barrymore