

Cultivating Happiness

Connections to the article cultivating happiness

By Afton Clarke

Overview

Happiness can't be bought, there are tips and tricks you can do to make yourself happier over time. There are many myths about where you may get happiness from, many people assume money or love but that's not true. Although love can make you happier it's not always the love you think of, it can just be the love and support of the people around you; it doesn't always have to be a significant other.

Text to self

They start this article by engaging you by asking questions, "Do you, like many people, have a list of things you think you need in order to be truly happy?" This is the first line in the text. The text gives you 5 tips on how to be happier. Tip one, train your brain to be more positive. In this one it talks about how you need to be more grateful for the things around you. In approaches to wellness we have started a gratitude journal where every day we write 3 things we are grateful for and something that has made us happy in the last 24 hours. Tip three living in the moment and savoring life's pleasure, we had done a savoring thing in class. We had to eat a cookie for a minute to savor it. I feel as though I don't truly ever savor the things around me. Teens nowadays are on their phones a lot, although it's not necessarily bad but it's not necessarily good. We never truly look at all the things around us and how lucky we are. In our town we get to live between two lakes and we have gorgeous mountains that surround us which we never truly realize how lucky we are for it till we don't have it anymore.

Text to text

The second tip is to nurture and enjoy your relationships. In the article it talks about how people who have big support groups and people who surround themselves with people who make them feel better tend to be happier. We have talked about this in class, Mr

Off with
Cool
Connections

Fitton said that we need to surround ourselves with people who get excited about our wins and not people who just try and one up us. In the text it says "one thing that truly separates healthy, fulfilling relationships from the rest is how the partner responds to each other's good fortune and success." which I believe is so true. There are many people in the world who are just gonna try and bring you down, so you have to find those people who are going to celebrate your wins with you and drop the ones who try and make you feel worse about yourself.

Text to world

In the article tip four is to focus on helping others and living with ~~and~~^a meaning. It says how truly fulfilling helping others can make you feel. I believed that if everyone in the world helped each other and were more understanding it would make this world a happier and more peaceful place. You never truly know what someone else is feeling or what they have been through as you aren't them, everyone processes things differently. All you can do is be kind and try to bring a smile to someone else's face, whether it's something small or something big it can make someone's day.

All the tips

Tip 1 train your brain to be more positive, Tip 2 nurture and enjoy your relationships, Tip 3 live in the moment and savor life's pleasure, Tip 4 focus on helping others and living with meaning, Tip 5 take better care of your health

Conclusion

Happiness can't be forced or bought, you have to find a way that's going to increase your mood gradually over time on its own. It's not gonna happen by getting a bunch of money or finding love, you have to figure out how to help others and surround yourself with the people who bring your mood up not down.

Wow - THIS IS EXTENSIVE, THOUGHTFUL
& DETAILED. EXCEPTIONAL WORK!

Great connections

12/12

CAN I USE THIS AS MY MENTOR?