

10 ways to be your best self

----- KNOW YOUR HAPPINESS BOOSTERS -----

Happiness boosters are the things we do to stabilize mood, especially when we want to take a moment to calm down after a stressful event. Exercising, journaling, relaxing, volunteering, surrounding ourselves with items that bring joy—even just smiling!—are all examples of what we can do on a daily basis to move to the front and regain balance.



----- BE KIND -----



Demonstrate security by not reacting negatively to others. Remember the contagious effect of interpersonal communication: Kindness begets kindness.

----- THINK OF PROBLEMS AS CHALLENGES -----

Whether it's conflict at work or financial stress at home, carefully consider what you can learn from challenging experiences and reframe them in ways that build resilience.



----- FIND THE GOOD IN OTHERS -----



“Right thought, right action” is an applicable Buddhist concept. In the mind is where happiness starts; you see internally what you're looking for externally. By focusing on the positive ideas and behaviors of others, you will clear your mind of negativity and experience happiness.

----- LIVE IN THE MOMENT -----

You may have overdue bills to pay or a stressful project on the horizon, but take a moment to look out the window and marvel at the grace of a seagull in flight—or simply enjoy a crisp, juicy apple! Either way, savor the joy these experiences bring to your daily life.



BE HONEST AND AUTHENTIC

Misrepresenting yourself and the facts of a situation can compromise your integrity and the trust others have in you. When you are straightforward with others, you give them something genuine to react to—and they too are more likely to be honest and authentic with you.



READ DAILY SELECTIONS OF WISDOM



Over time, many successful leaders have dedicated their lives to studying religion and philosophy because of the wisdom they gained. With a growing body of research into areas such as brain science, we now have additional resources for understanding our lives as well as how we want to live. It doesn't matter if it's a time-tested book from the past or the scientific literature of the present, reading texts of personal importance will improve happiness levels.

KEEP IN TOUCH WITH FRIENDS & FAMILY

It's important to keep in touch with loved ones, and good friends help inspire and support happy people. From weekly phone calls to annual trips home, take time out of your schedule to communicate with the people you care about. They'll thank you for it.



ACCEPT WHAT CAN'T BE CHANGED



While we wish we could be superhuman at all times, the reality is that we can only do so much with the resources we have. As soon as you accept who you are, what you're capable of and that you can't make everyone happy, you'll be in a position to de-stress and regain calm.

STOP BEFORE NEGATIVE THINKING OVERWHELMS

Reaching our best selves means knowing who we are as individuals. Understand and acknowledge personal triggers and pet peeves, and help others see what's important to you and what you need from them. Misunderstandings and misperceptions often lead to stress and unhappiness.



Use these well-being practices as tools to reduce stress and move to the front.