

# Can You Train Yourself To Be Happy?

We tend to define our lives by the pursuit of happiness. Will my job make me happy? Will my partner make me happy? If I have more money, will this make me happy? But we fail to realize that happiness is not some nirvana we can only access when all our desires fall into place. Neuroscience dictates that 40% of our personal happiness is absolutely in our control, 10% is due to personal circumstance and 50% is in our genes.

The creators of the 'Action for Happiness' movement, along with the founders of behavioral change website 'Do Something Different' passionately believe in this research and want to teach others how to take this control into our own hands.

## Happiness is the result of action

Within this, there are five helpful tips:

### **Do things for others:**

'Action for Happiness' share that research has proved that doing something for someone else activates the same part of our brain as treating ourselves. When an act of kindness is carried out our brain associates this with pleasure, connection and trust. And the bonus is, endorphins are released in both people involved.

### **Connect with people:**

'Action for Happiness' states that people with strong relationships are not only happier, but also live longer. If we build strong connections we obviously create more love and meaning in our lives and boost our self worth.

Happiness is also contagious. If you're happy and you connect with another person, their happiness increases by 15%. When that person connects with another, the second persons happiness increase by 10%. The third contact? 6%.

So get off Facebook, which is proven to increase feelings of depression, and network in the real world with real people. Spread that happiness.

### **Exercise:**

Exercise not only treats but also prevents depression. The endorphins released when completing physical activity can immediately lift our mood, along with improving your ability to sleep. Another bonus, it gives you the opportunity to unplug from technology!

### **Be grateful:**

Taking time to stop and appreciate what you do have, and what is great about your life can really help you navigate your way through hardship. In fact, psychological research shows that you can increase your happiness by a whopping 25% when you practice gratitude.

### **Expand your mind:**

When you're engaged in a task and learning new things, you get a sense of accomplishment and pride which boosts your self-worth and, you guessed it, your happiness. According to psychologist Mihaly Csikszentmihalyi, when you're absorbed by

a task even if you're left tired at the end, you emerge happier and energized, a condition he calls 'flow'.

### **Happiness is simply just a title for a set of coping skills**

Society tends to view happiness as an end point or a singular, ultimate, achievement. But that this idea of happiness is sadly very misleading. Happiness is really about being equipped to cope with life's ups and downs. It's a set of skills you have to learn so that when a challenge persists, you can navigate your way through.

Science has proven that these set of skills are absolutely able to be learned too and it's due to the neuroplasticity of our brain, which shows we can actually learn to be more empathetic, appreciative and compassionate...skills that make us happier.

'Action for Happiness' shares plenty of facts relating to the idea that happiness is the result of mastering coping skills. They explain that if you have a 3-to-1 ratio of positive emotions you develop resiliency to adversity and are better able to achieve as a result. With an optimistic outlook you are better able to cope with tough situations.

So start today to make a change in your own life by training your brain to react with positive thoughts. Incorporate more exercise. Bring gratitude into your life. Don't let circumstance and the people around you determine YOUR happiness. Take back control and start to live the life you deserve!!!



***Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself. [Alice Walker](#)***