

# Five Ways to Increase Happiness in Everyday Life

## 1. Nature

According to research, nature has many positive effects on health and well-being. Try to find ways to enjoy nature daily; spend time in a park or forest, get a plant on your desk or even a picture of nature will help you get the benefits of nature.

Being in nature, among other things, lowers blood pressure, reduces stress, improves mood, relaxes and refreshes. In nature, experiencing positive emotions increases and unpleasant emotions decrease accordingly. Exercising in nature has also been found to reduce symptoms of depression.

## 2. Gratitude

Practicing gratitude daily has many positive effects! It boosts mental well-being, increases optimism and the feeling of happiness. It strengthens self-esteem, gives you more energy and decreases stress and anxiety.

You can start practicing happiness as easily as by focusing daily on one topic that you are grateful for in your life. As you practice this daily you begin to notice even more what you are grateful for! You do not need to make extra space in your everyday life to do this - you can feel and think of gratitude for example when you brush your teeth or wash your hands. In the evening you can ask yourself and your closest ones to name one thing that gave them joy today.

## 3. Self-compassion

We often catch ourselves being very critical of ourselves and it is something that we should pay more attention to. Self-criticism only increases stress and weakens the ability to function.

We can learn to be kinder to ourselves!. Give yourself time and talk to yourself gently and understandingly: it's natural to feel this way, at this moment I can't do better than this. You can also write yourself reminders on a post-it note that make you feel good and encourage you.

#### 4. Strengthening resilience

You have the innate ability to bounce back from challenging situations. It might be helpful to ask yourself how you have coped with difficult situations in the past. What kind of means helped you before in challenging situations? How could you take advantage of those means now?

#### 5. Master the basics

It is important to master the basics, making sure you get enough sleep, focus on your nutrition and remember to keep yourself well hydrated at all times. When you take good care of the basic needs of your body it is a lot easier to maintain a peaceful, resourceful mind, make better decisions and tap into your resilience.

The Finnish Happiness Research Association (FHRA) is an independent Think Tank promoting science based happiness and flourishing. To us happiness is extremely interesting and important! Happy people build a genuinely happy world around them. Our vision is to make the world happy and we work on projects that boost happiness and well-being not only in working life, but across the whole spectrum from early years to old age. We are currently gathering a tribe to spread happiness and looking for funding and partners.

The mission of FHRA is to crash depression and burnout statistics worldwide by combining existing and future happiness research into easily absorbed and practical ways of increasing wellbeing. We don't expect people to only survive, but to thrive and flourish. We do this by creating and facilitating science based courses, webinars and online events together with other happiness enthusiasts. [www.happinessinfinland.com](http://www.happinessinfinland.com)