

Happiness Recovery: Ten Actionable Tips



Is your happiness at risk? The World Health Organization confirms that anxiety and depression will be the major cause of disability in the world by 2020. Science substantiates that happiness is critical to ideation, health, wellness, and

longevity. Appreciating the value of true happiness and learning to cultivate happiness in good times and bad is critical and doable.

Here are my top ten tips for happiness recovery accompanied by some of my favorite quotes on this important topic! Pick one tip and integrate it into your day for the next 7 days. Light your fire with positivity and smile!

Tip One →Find the light and share it with someone else. Step out of sadness by helping another person. Try it, because it is scientifically proven to work!

“If you want happiness for a lifetime-help someone else.” Chinese Proverb

Tip Two→Happiness is contagious. Share a joke or funny story with someone who will appreciate it. Our mirror neurons help us pick up the emotions of others. Say cheese and spread some smiles around!

“Happiness never decreases by being shared.” Buddha

Tip Three → Apply love. Spend five minutes a day thinking about how you love yourself. Yes, think of all the qualities that make you special, because each human being is gifted with attributes that are truly lovable. If you had a dysfunctional childhood, learning to re-parent yourself, learning to comfort the child within, to love him/her can be pivotal. If you are going through a difficult experience or challenge the need to love yourself, appreciate yourself is critical.

“Don’t rely on someone else for your happiness and self-worth. Only you can be responsible for that. If you can’t love and respect yourself – no one else will be able to make that happen. Stacey Charter

Tip Four →Take time out each day for blank time; time when you DO not worry, time when you are just at peace and at one with the universe.

“Don’t underestimate the value of Doing Nothing, of just going along, listening to all the things you can’t hear, and not bothering.” Winnie the Pooh

Tip Five →Adopt an attitude of gratitude. Keep a gratitude journal or simply make a mental note before you go to bed and when you wake up of what you are grateful for.

“We tend to forget that happiness doesn’t come as a result of getting something we don’t have, but rather of recognizing and appreciating what we do have.” Frederick Keonig

Tip Six → Smile because science tells us that the simple act of smiling will elevate your mood.

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” Thich Nhat Hanh

Tip Seven →Beware of the abyss. The longer you stare at the

darkness, the more it will overwhelm you. Look for the good, no matter how hard it is to do so.

"When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us." Helen Keller

Tip Eight → Be kind because there is not enough kindness in the world and one small drop can make a huge ripple in your life and the lives of others.

"No act of kindness, no matter how small, is ever wasted." Aesop

Tip Nine → Learn to change your thinking by taking very small, consistent steps to think in ways that will help build happiness and success. Work with your coach to find the right small steps that work for you and actualize/integrate them into your life/work.

"Very little is needed to make a happy life; it is all within yourself, in your way of thinking." Marcus Aurelius Antoninus

Tip Ten → Choose life and remember that it is happening for you, not to you. Understand and appreciate your true power by moving past the abyss, through the struggle or pain by holding on to the faith, hope, courage, integrity, and humanity that no one can ever take from you.

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen." Elizabeth Kubler-Ross

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More? You Betcha!

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Ten Minute Daily Steps/Habits/Exercises:

[Step 1:](#)

[Step 2](#)

[Step 3](#)

[Step 4](#)

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