

Happiness Can Be Yours

Trying to be happier should come naturally. Don't let negative thoughts creep into your mind. Sounds easy, right? Well for some it's not.

Some people obsess over the little things. Women worry more than men do. Healthy thoughts about a lot of things should be with you daily. In fact, its good for you to mull over everything.

But on the other hand, one should not worry excessively because that does not have any advantages. It can drain your energy, lower your productivity and raise your levels of cortisol. Cortisol is a stress hormone that some believe can make you gain weight, cause heart disease, or even lead to depression.

So to make your anxiety go away, try these helpful hints.

Focus

Don't worry about tomorrow. Try to stay in the present. Tomorrow and the future will come soon enough. Stay in the moment and you will forget to think about the future.

Don't Put it Off

If you need something fixed in the house, don't put it off. Do it now. Once the job is done, you will feel better and go can on to other more rewarding things.

Control

You can worry and worry but that won't make you more in control. You have to accept that life is unpredictable. Sure anything can happen, but you can't change that. This may sound scary, but there are no guarantees in life. So get out there and enjoy yourself, since living in fear is not productive either.

Think Clearly

If you have anxiety try deep breathing exercises. They can help clear your head. Think positively and it will release your anxiety. Think about some happy times.

How Bad Can it Get

Yes this may seem difficult but take a few minutes to imagine the worst. This can make your life seem much better. Because its very unlikely that your worst fears will be realized. So even if your husband were to leave you, you would probably do OK and survive better than you thought you could.

Coping

Try to keep the pressures at a lower level. Since you don't want to spend all your energy on anxiety, stress can sap your strength. If at all possible try and stay away from stressful situations. Sure that sounds easy, but it's not always possible. So if you have to go to open-school week, take a few deep breaths before you see the teachers. Then relax, smile and it will all work out.

Journals

Some people write things down. This helps bring things into proper perspective. Most of your fears will not be realized. Check your notes and you'll see your worries are pretty much unfounded.

Enjoy life more and you will be happier!

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About the Author

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