

It's the thing we all strive to find and keep, but funnily enough, happiness isn't that hard to achieve. "Many people find happiness when they're engaged in their favourite activities or hobbies," says Sophie Scott, ABC medical reporter and author of *Roadtesting Happiness: How to be Happier (No Matter What)* (dymocks.com.au). "Remember what you used to love doing when you were a child and find time for it in your life."

Contrary to popular belief, being rich and famous won't necessarily make you happy (just ask the celebs!). It pays to focus less on material things and more on the things we can really work on, like our emotions.

Life coach Clive Leach (cliveleach.com) suggests we push ourselves to try new things to help us find happiness. "Go out and test your strengths in different ways," he says. "Step outside your comfort zone, develop new interests and boost that confidence."

Here's the best part: becoming a happier person doesn't involve weeks of hard work and study – it can take as little as 60 seconds to achieve it! Here are some simple tricks to try, which are sure to turn that frown upside down.

### BE HAPPIER IN 60 SECONDS

- **Smile at someone.** On the bus, in a cafe or in the lift on the way to work – just connecting with a stranger can make you feel great.
- **Get up and stretch.** This will loosen up your body and help remove stress and tension from your back and shoulders, making you feel better immediately.
- **Make the most of your surroundings.** If you're in the park or country, enjoy the smell of freshly cut grass and feel the sun on your face. Savour each moment in life and appreciate what you've got!
- **Give someone a compliment.** Nothing beats that warm and fuzzy feeling you'll get after making someone feel amazing about themselves.
- **Send a sexy text.** It only takes a few seconds, but will instantly lift your mood and keep you and your partner feeling good all day.
- **Put some lippie on.** It really works! You'll feel smarter and brighter with a dash of colour.

"My key to euphoria? Winning the gumboot-throwing contest five years in a row!"

# Happiness: get

## YOUR DOSE

# HERE

There is no magic pill for instant contentment, but making a few simple changes will soon put a smile on your dial ...

“Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it.”

**William Feather, author**

### BE HAPPIER IN 5 MINUTES

- **Call someone to catch up.** It only takes a few minutes to say "hello" or "I was just thinking about you", but it will make their day and yours.
- **Meditate.** It's a proven form of relaxation and it'll help you find some inner peace and serenity.
- **Plan something completely indulgent to do each day.** Try reading in bed, blasting your favourite song on your iPod or treating yourself to something sweet to eat after dinner.
- **Help someone without being asked.** Give up your seat on the train, shout your colleague a coffee or give the homeless man a couple of dollars. You'll feel 10-feet tall afterwards.
- **Take the stairs instead of the lift.** Not only will you burn off kilojoules, any form of exercise can lift your mood and boost happiness levels.
- **Snack on a handful of nuts.** Brazil nuts are rich in the mineral selenium, which boosts your mood, so get munching. ▶



## How do you get your HAPPY FIX?



"Whenever I spend time with my close friends or eat really great food it never fails to make me feel good."  
**Katy, 21**



"My partner and I spent last Christmas day volunteering at a homeless shelter. The atmosphere was amazing. I honestly had the best day."  
**Sinead, 27**



"I love sewing clothes, giving them as gifts to friends and seeing how happy this makes them."  
**Tola, 29**



"I love to sketch. As soon as I put my earphones on, it makes me feel like drawing, which keeps me very happy and chilled."  
**Annabelle, 19**



"Every Saturday I run along the beach, and when I get to the end I sit on the sand with my eyes closed and listen to the ocean. It's like meditation."  
**Hayley, 25**



"I enjoy life. If I want to eat, I eat. If I have a drink, I enjoy it. I try to live life with as little stress as possible."  
**Dani, 30**



"Travelling makes me happy; experiencing different cultures, new sights, smells and sounds. It's great."  
**Michaela, 26**

"A droid, an Ewok and a Jedi knight walk into a bar ..."



## BE HAPPIER IN 30 MINUTES

- **Skype someone.** There's no better way to catch up with friends and loved ones than doing it face to face (albeit on screen), no matter where you are in the world.
- **Act like a child.** Stop at the playground and have a go on the swings, cook the meal you used to love as a kid (nuggets and chips anyone?) or watch that Disney movie you knew every line of when you were little.
- **Have an Indian head massage.** Based on the ancient healing system of Ayurveda, it relieves stress, reduces anxiety and boosts the immune system. All together now, ahhhhhh ...
- **Bake something yummy for family or friends.** All that measuring is very therapeutic and the results can be shared by everyone!
- **Challenge yourself to a crossword or sudoku puzzle.** They sharpen the mind and improve your attention span and problem-solving skills. You can't lose.
- **Keep a gratitude journal.** At the end of each day, quickly jot down all the things that made you happy (reading on the bus, lunch with a friend, your pre-dinner jog) – remember, it's the little things that count.

## BE HAPPIER IN AN HOUR

- **Get some exercise.** During your lunch hour is a perfect time. Most gyms offer 45-minute classes or just go for a brisk walk. You'll be buzzing all afternoon.
- **Write a love letter and send it.** The art of letter writing is a dying one, but revive this age-old tradition by penning the romantic thoughts of your heart and sending it off to that special someone.
- **Take some time out to go to the park.** Have lunch in the sun, a mid-afternoon snooze or just chill out and relax. We don't always have to be on the go. A little winding-down time is good for you.
- **Update your résumé or apply for a new job.** Just looking back on your recent achievements and progress will give you a lift, and the excitement of something new can't be beaten.

“The best way to cheer yourself up is to try to cheer somebody else up”

**Mark Twain, author**

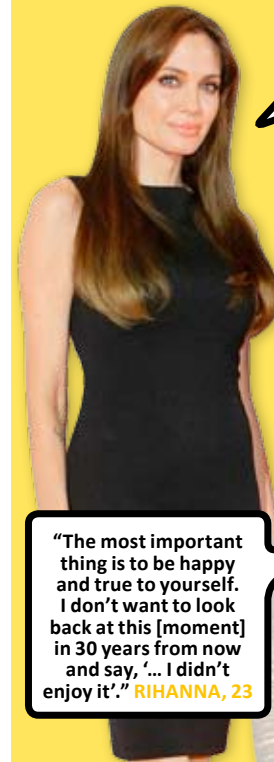
## BE HAPPIER IN A DAY

- **Have a garage sale.** It can be online, at a market or in your front yard, but ridding your life of clutter is amazingly therapeutic.
- **Organise a girl's day out.** It's important to nurture your friendships and spend quality time together, not just have a quick wine or two after work every now and then.
- **Try something new and adventurous.** What about rock climbing, hang-gliding, paddle boarding or rally driving? There's nothing like an adrenaline rush to put you on an all-day happiness high!
- **Give up a day of your time to help others.** Whether it's sick children, old people, your local op shop or rescue animals at the RSPCA, everybody always appreciates a helping hand. **Emma Kelly** *COSMO*

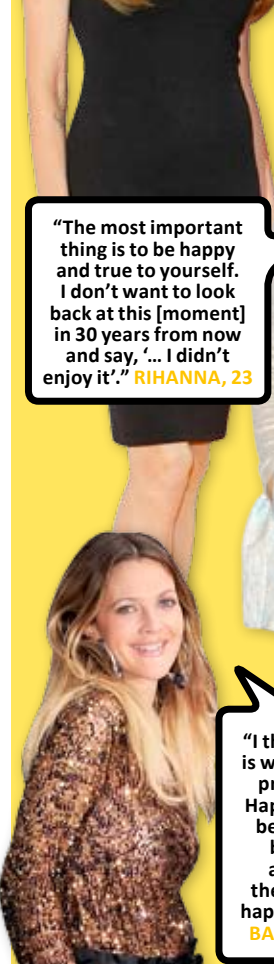


## Happiness reads

*365 Thank You's* by John Kralik, \$19.95 (dymocks.com.au). *Treasure Yourself* by Miranda Kerr, \$24.95 (hayhouse.com.au). *The Power of Now* by Eckhart Tolle, \$22.99 (dymocks.com.au). *Dance Until It Rains* by Andrew Jobling, \$32.99 (exislepublishing.com.au). *The Power of Intention* by Dr Wayne W Dyer, \$22.95 (hayhouse.com.au). *Tucked In* by Meredith Gaston, \$35 (penguin.com.au). *COSMO*



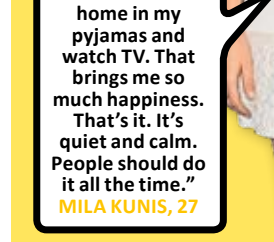
"I've realised being happy is a choice. You never want to rub anybody the wrong way or not be fun to be around, but you have to be happy."  
**ANGELINA JOLIE, 35**



"The most important thing is to be happy and true to yourself. I don't want to look back at this [moment] in 30 years from now and say, '... I didn't enjoy it.'"  
**RIHANNA, 23**



"I think happiness is what makes you pretty. Period. Happy people are beautiful. They become like a mirror and they reflect that happiness."  
**DREW BARRYMORE, 36**



"I love to sit at home in my pyjamas and watch TV. That brings me so much happiness. That's it. It's quiet and calm. People should do it all the time."  
**MILA KUNIS, 27**