

Healthy Mind

5 instant feel-good tips

Bring joy into your life with smart and simple ways to boost your happiness.

By Lisa Martin

Spread your joy. Visit our forums and discuss how you bring a little happiness into your day.

When you feel good within yourself and about yourself, the result is a happy and self-content you. The keys to your overall well-being are within your reach so follow these steps to joy.

1. Be positively selfish

Positive selfishness means choosing to spend your time and energy on things that bring you joy and occasionally making decisions that are based on what you need, rather than what others want.

To practise positive selfishness, let go of the harmful emotions you feel about taking some time for you. Believe that by serving your self-interests, you will ultimately better serve the interests of your family, your colleagues and your community. By becoming positively selfish you can be physically and emotionally present at all times, without resentment.

2. Commit to caring for your wellness

If you view your wellness as integrating body, mind and spirit it will become easier to make your well-being a priority. Use a "wellness wheel" to see your physical, mental and spiritual health from a holistic perspective: Visualize a bicycle wheel; see the spokes radiating out from the center to the rim of the wheel these are the activities you undertake to enhance your wellness. Exercise is one spoke. How you treat your body in terms of nutrition or rest is another spoke. Giving your spirit some time to be renewed, is another spoke. You may not always achieve a perfectly circular wellness wheel, but if you're willing to listen to your body and your intuition, they will guide you as you move toward overall wellness.

3. Seek daily joy

Experiencing joy is about paying attention to the small pleasures, appreciating the wonder hidden in the tiny moments of life. Small, basic, everyday things can bring you joy the smell of fresh coffee, the sound of laughter, the beauty in a blade of grass. Make an effort to slow down for just a moment and practise really seeing and experiencing all the beauty that surrounds you; joy can be found that easily.

4. Revive yourself with relaxation

If you crave some downtime but you're not sure where to find it in the midst of all you do and want to do, start with five minutes. When you first wake in the morning instead of rolling out of bed and jumping right into your day, just lie there. Lie there for a full five minutes. Just breathe and think of your day ahead.

5. Do your best

Your best is going to be different from situation to situation. It will change depending on how rested you feel, who is involved and where you might be. Knowing that you've done your best allows for a release of angst and regret, and helps you up to see the humorous side of things. No matter what the circumstances, the most you can ask from yourself is to do your best and then remember to acknowledge your efforts.

Lisa Martin is the founder and president of Briefcase Moms, a company devoted to helping women live balanced lives while raising children, finding joy in their careers and fulfilling their dreams. She is a mother and life coach with more than 18 years of corporate and entrepreneurial experience.