



# 6 Secrets To A Life of Lasting



## Happiness and Positivity

Happiness, wellbeing and freedom of all life—those are the key ideas behind the International Day of Happiness on 20th March.

Here are 6 tips to follow if you want to be a healthier, happier version of yourself.

### Exercise More



1 Exercising releases endorphins, which give you feelings of euphoria.

Increased exercise helps preserve brain function and reduce cognitive decline too.

### Get 8 Hours of Sleep Each Day



2 A well-rested mind reduces health risks like heart disease, high blood pressure and diabetes.

Beyond lowered health risks, sufficient sleep improves memory retention and focus when you're awake.

### Don't Skip Meals



3 Skipping meals lowers your blood sugar levels, sending stress signals to your brain.

Even when you are too busy, try to grab some healthy snacks to keep those blood sugar levels within a healthy range.

### Practice Mindfulness



4 Be present and pay full attention to the experience you are going through at the moment.

This stops you from dwelling on the past or worrying about the future.

### MEDITATE



5 When you meditate, you are taking time consciously declutter your thoughts and process your feelings.

Deep breathing also sends signals to your brain to destress.

### Start A GRATITUDE CHALLENGE



6 A gratitude challenge helps you focus on positive experiences, embedding that positive feeling in your brain.

Appreciating happy moments help you to focus on what you have, rather than what you lack in your life.