

TAKING CARE OF YOUR MENTAL HEALTH

HAPPINESS

Happiness is always within our reach. What we need to be happy is a question we often forget to ask ourselves and especially in moments of anxiety and fear, happiness seems very far away.

Is there something you could do for yourself that would make you happy, that would allow you, if even for a moment, to forget about the negatives in your life? What would bring a smile to your heart? Many of us haven't asked ourselves this question enough. Some of us haven't asked it at all, for quite a long time. Or if we have, perhaps we haven't answered it, found ourselves struggling to find the right words. Instead we search different paths, we look for the way through our lives, through our current crisis or circumstance. It may seem overwhelming and so we never take the time to ask ourselves what would make us happy and what would feel good to us. We question why life is so hard, so difficult and unrewarding.

Discovering what would make us happy can help us through any difficulty in our lives. It can help us through the quieter moments of our day, when we can pause and let the world go by. It can help us make larger, more significant decisions. It can help us in our daily chores, especially if we look in our hearts and minds.

What would make you happy? It seems like such a simple question, but one with great consequences. Asking and answering that question, then acting on it, is often the road we see but refuse to take. It is a road that might lead to another road and that would be a path that makes us see things a little differently.

What would make you happy? Ask yourself this question often. Think about your response. You may find that the answer is within your reach and that by finding the answer that your situation may change. Allow yourself to feel connected to joy, the universe and your life.