

15 simple habits that help you live happier

The following 15 small habits have been proven by scientists to bring happiness to many people.

People are more likely to **change their moods** with small actions that seem to be very simple, but there are still many people who don't know what they should do to be happier in life. Scientists recommend that, instead of praying for happiness every day, **create** your own **joy** . So how to live **simpler** and happier?

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1. Write down 3 things you feel grateful for

Recent research shows that writing down three things you feel grateful for will make you feel more comfortable. Try to do this every Sunday night to prepare yourself for the whole week.

2. Staring

If you feel unhappy or depressed, look up at the stars in the sky. A study shows that recently people with sad mood are often curious about the world.

3. Take time to go out

You feel stressed? Take the time to go out - a study shows that people who spend a lot of time working or playing outside often have lower levels of stress hormones than others.



4. Act as if you are happy (*even if you're not happy*)

Try to do this until you are happy. UC Riverside psychologists say people who feel stuck in negative thoughts can often get up with a **positive thought** . It makes you more proactive in your quest for happiness.

5. Meditate

If you feel unhappy, try learning Yoga. There are many studies that demonstrate: " *Meditation can reduce depression and anxiety* ."

6. Read adventure stories

When you get bored, try reading **Harry Potter** stories. A 2012 study confirmed that reading about a character's spectacular adventures can help you feel less stressed and happy.

7. Listen to sad music

This may sound wrong and counterproductive, but many studies have shown that listening to sad music when tired can increase the level of human happiness.



8. Walking in natural space

If you are living near a forest, go there and walk to feel happiness. A study published last year showed that people walking in their natural environment for about 90 minutes often have less negative thoughts about themselves.

9. Set goals

If you want to be happier, **set your own goals** . This will help you become more self-conscious and proactive - and when you accomplish the goal you will feel great.

10. Write a diary

Science has proven that journaling will help you sort out your emotions and solve problems quickly. Try to take the time to write a diary after a hard day's work to help you **relax** and **reduce stress** .

11. Spend money on other things

After a day of hard work, you should " *treat* " yourself. But research shows that you will feel happier if you spend money to do something for others. Try to invite a stranger or coworker to have lunch or coffee with you when you're sad.



12. Participate in local activities

A study examining the level of satisfaction with life shows that people who regularly watch plays, visit museums or join clubs will feel less anxious and bored than others. Try taking a free class where you live to live happier.

13. Learn one more skill

Time to learn a new skill will dominate your mind and make you work more effectively. Besides, you will feel great about discovering new possibilities yourself.

14. Lunch on the beach

If you are stressed at work, try lunch on the beach or the park. This will help you be more happy and optimistic during the rest of the day.

15. Drinking coffee

Cafe will help you feel **alert** and **improve your mood** . So invite someone a cup of coffee when they are tired or stressed!

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